Lawson A.S.C. - Weekly Time Recording Sheet - 2023-24 Season

(A)=Week A Program (inc Relays); (B)=Week B Program (inc 200m)
(CC)=Club Championships

Name : _____

		25/50m				100m				200m						Long Distance		
Week (Program)	**Date**	**FREE**	**BACK**	**BREAST**	**FLY**	**FREE**	**BACK**	**BREAST**	**FLY**	**FREE**	**BACK**	**BREAST**	**FLY**	**IM**	**RELAY**			
1 (A)	6-Oct-23																	
2 (B)	13-Oct-23																	
3 (A)	20-Oct-23																	
4 (B)	27-Oct-23																	
5 (A)	3-Nov-23																	
6 (B)	10-Nov-23																	
7 (A)	17-Nov-23																	
8 (B)	24-Nov-23																	
9 (A)	1-Dec-23																	
10 (B)	8-Dec-23																	
11 (Swim-a-thon)	15-Dec-23	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
12 (B)	5-Jan-24																	
13 (A)	12-Jan-24																	
14 (B)	19-Jan-24																	
15 (B)	2-Feb-24																	
16 (A)	9-Feb-24																	
17 (B)	16-Feb-24																	
18 (CC)	23-Feb-24																	
19 (CC)	1-Mar-24																	
20 (CC)	8-Mar-24																	
21 (CC)	15-Mar-24																	
22 (Party Night)	22-Mar-24	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
23 (Distance night)	5-Apr-24																	

Date	**School and other meets**																