Lawson A.S.C. - Weekly Time Recording Sheet - 2024-25 Season

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

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)	4-Oct-24																	
2 (B)	11-Oct-24																	
3 (A)	18-Oct-24																	
4 (B)	25-Oct-24																	
5 (A)	1-Nov-24																	
6 (B)	8-Nov-24																	
7 (A)	15-Nov-24																	
8 (B)	22-Nov-24																	
9 (A)	29-Nov-24																	
10 (B)	6-Dec-24																	
11 (A)	13-Dec-24																	
12 (Swim-a-thon)	20-Dec-24	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
13 (B)	3-Jan-25																	
14 (A)	10-Jan-25																	
15 (B)	17-Jan-25																	
16 (A)	24-Jan-25																	
17 (B)	31-Jan-25																	
18 (A)	7-Feb-25																	
19 (B)	14-Feb-25																	
20 (Championships)	21-Feb-25																	
21 (Championships)	28-Feb-25																	
22 (Championships)	7-Mar-25																	
23 (Championships)	14-Mar-25																	
24 (Party Night)	21-Mar-25	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
25 (Distance night)	28-Mar-25	-	-	-	-	-	-	-	-									

Date	**School and other meets**																