

Lawson A.S.C. - Weekly Time Recording Sheet - 2025-26 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)	3-Oct-25																	
2 (B)	10-Oct-25																	
3 (A)	17-Oct-25																	
4 (B)	24-Oct-25																	
5 (A)	31-Oct-25																	
6 (B)	7-Nov-25																	
7 (A)	14-Nov-25																	
8 (B)	21-Nov-25																	
9 (A)	28-Nov-25																	
10 (B)	5-Dec-25																	
11 (A)	12-Dec-25																	
12 (Swim-a-thon)	19-Dec-25	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
13 (B)	2-Jan-26																	
14 (A)	9-Jan-26																	
15 (B)	16-Jan-26																	
16 (A)	23-Jan-26																	
17 (B)	30-Jan-26																	
18 (A)	6-Feb-26																	
19 (B)	13-Feb-26																	
20 (Championships)	20-Feb-26																	
21 (Championships)	27-Feb-26																	
22 (Championships)	6-Mar-26																	
23 (Championships)	13-Mar-26																	
24 (Party Night)	20-Mar-26	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
25 (Distance night)	27-Mar-26	-	-	-	-	-	-	-	-									

[illegible]