

LYST STINGRAYS 2007-2008
National/High School Team Goal Sheet

Swimmer's Name: _____ Age: _____

EVENTS	Best Time:	December Goal Time:	High School Season Goal Time:	Y Season Goal Time:
50 Free	_____	_____	_____	_____
100 Free	_____	_____	_____	_____
200 Free	_____	_____	_____	_____
500 Free	_____	_____	_____	_____
1000 Free	_____	_____	_____	_____
1650 Free	_____	_____	_____	_____
100 Back	_____	_____	_____	_____
200 Back	_____	_____	_____	_____
100 Breast	_____	_____	_____	_____
200 Breast	_____	_____	_____	_____
100 Fly	_____	_____	_____	_____
200 Fly	_____	_____	_____	_____
200 IM	_____	_____	_____	_____
400 IM	_____	_____	_____	_____

*If the swimmer has not swum an event, simply write "NT" in Best time space.
Please complete and return to coach by October 5, 2007.