**T5 SWIM TEST**

**Swimmer’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Observer’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Distance** | **Lengths** | **Cumulative Time** | **Split Time** | **Observed Comments** |
| **50** | **2** |  |  |  |
| **100** | **4** |  |  |  |
| **150** | **6** |  |  |  |
| **200** | **8** |  |  |  |
| **250** | **10** |  |  |  |
| **300** | **12** |  |  |  |
| **350** | **14** |  |  |  |
| **400** | **16** |  |  |  |
| **450** | **18** |  |  |  |
| **500** | **20** |  |  |  |
| **550** | **22** |  |  |  |
| **600** | **24** |  |  |  |

**T5 Swim**

**Test Result**

**\_\_\_\_\_\_\_\_m**

**Pulse Check**

|  |  |
| --- | --- |
| Prior to Start |  |
| At Finish |  |

**National Average**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Gender** | **Excellent** | **Above Ave.** | **Average** | **Below Ave.** | **Poor** |
| **Male** | **>250m** | **200m-250m** | **150-200m** | **100-150** | **<100** |
| **Female** | **>200m** | **150m-200m** | **100m-150m** | **50-100m** | **<50** |