

Runner Sheets

Meet: _____

Date: _____

Please Check Box

Yards
Meters

Event (Please Circle)

Boys
Girls

Event 1 200 Medley Relay

Varsity
Junior Varsity

Event 2 200 Freestyle

Event 3 200 Individual Medley

Event 4 50 Freestyle

Event 6 100 Butterfly

Event 7 100 Freestyle

Event 8 500 Freestyle

Event 9 200 Freestyle Relay

Event 10 100 Backstroke

Event 11 100 Breaststroke

Event 12 400 Freestyle Relay

Times	Timer 1	Timer 2	Timer 3
Lane 1	_____	_____	_____
Lane 2	_____	_____	_____
Lane 3	_____	_____	_____
Lane 4	_____	_____	_____
Lane 5	_____	_____	_____
Lane 6	_____	_____	_____
Lane 7	_____	_____	_____
Lane 8	_____	_____	_____