

EVENT						PACE LEVEL				
Stroke	Distance	Best Time	Goal Time	Stretch Goal		1	2	3		
						50%	60%	70%	80%	Goal
Free	50				Pace	00:00	00:00	00:00	00:00	00:00.0
					Stroke Count					
Free	50 (Relay)				Pace	00:00	00:00	00:00	00:00	00:00.0
					Stroke Count					
Free	50 (IM)				Pace	00:00	00:00	00:00	00:00	00:00.0
					Stroke Count					
Free	100				Pace	00:00	00:00	00:00	00:00	00:00.0
					Stroke Count					
Free	100 (Relay)				Pace	00:00	00:00	00:00	00:00	00:00.0
					Stroke Count					
Free	200				Pace	00:00	00:00	00:00	00:00	00:00.0
					Stroke Count					
Free	500				Pace	00:00	00:00	00:00	00:00	00:00.0
					Stroke Count					
Fly	50 (Relay)				Pace	00:00	00:00	00:00	00:00	00:00.0
					Stroke Count					
Fly	50 (IM)				Pace	00:00	00:00	00:00	00:00	00:00.0
					Stroke Count					
Fly	100				Pace	00:00	00:00	00:00	00:00	00:00.0
					Stroke Count					
Back	50 (Relay)				Pace	00:00	00:00	00:00	00:00	00:00.0
					Stroke Count					
Back	50 (IM)				Pace	00:00	00:00	00:00	00:00	00:00.0
					Stroke Count					
Back	100				Pace	00:00	00:00	00:00	00:00	00:00.0
					Stroke Count					
Breast	50 (Relay)				Pace	00:00	00:00	00:00	00:00	00:00.0
					Stroke Count					
Breast	50 (IM)				Pace	00:00	00:00	00:00	00:00	00:00.0
					Stroke Count					
Breast	100				Pace	00:00	00:00	00:00	00:00	00:00.0
					Stroke Count					

Joe Linn-Mar Swimmer

EVENT					PACE LEVEL					
					1		2		3	
Stroke	Distance	Best Time	Goal Time	Stretch Goal		50%	60%	70%	80%	Goal
Free	50	00:24.5	00:23.5	00:23.0	Pace	00:48	00:40	00:34	00:29	00:23.5
					Stroke Count	12	13	14	15	
Free	50 (Relay)	00:24.2	00:23.1	00:22.7	Pace	00:47	00:39	00:34	00:29	00:23.1
					Stroke Count	12	13	14	15	
Free	50 (IM)	00:27.4	00:26.5	00:26.2	Pace	00:54	00:45	00:38	00:34	00:26.5
					Stroke Count	12	13	14	15	
Free	100	00:51.5	00:50.3	00:49.5	Pace	01:41	01:25	01:13	01:03	00:50.3
					Stroke Count	12	13	14	15	
Free	100 (Relay)	00:51.5	00:50.3	00:49.5	Pace	01:41	01:25	01:13	01:03	00:50.3
					Stroke Count	12	13	14	15	
Free	200	02:03.4	01:59.9	01:58.0	Pace	04:00	03:20	02:52	02:30	01:59.9
					Stroke Count	12	13	14	15	
Free	500	05:25.4	05:10.0	05:05.0	Pace	10:20	08:37	07:23	06:28	05:10.0
					Stroke Count	12	13	14	15	
Fly	50 (Relay)	00:27.5	00:26.0	00:25.5	Pace	00:53	00:44	00:37	00:33	00:26.0
					Stroke Count	7	7	8	8	
Fly	50 (IM)	00:28.0	00:27.5	00:27.0	Pace	00:55	00:47	00:40	00:35	00:27.5
					Stroke Count	7	7	8	8	
Fly	100	01:02.4	00:59.9	00:58.9	Pace	02:00	01:40	01:26	01:15	00:59.9
					Stroke Count	7	8	8	9	
Back	50 (Relay)	00:26.4	00:25.4	00:24.9	Pace	00:51	00:42	00:36	00:32	00:25.4
					Stroke Count	13	13	14	15	
Back	50 (IM)	00:32.0	00:31.0	00:29.9	Pace	01:02	00:52	00:45	00:39	00:31.0
					Stroke Count	13	13	14	15	
Back	100	00:59.5	00:58.0	00:57.0	Pace	01:57	01:37	01:23	01:13	00:58.0
					Stroke Count	12	13	14	15	
Breast	50 (Relay)	00:30.4	00:29.0	00:28.5	Pace	00:59	00:48	00:41	00:36	00:29.0
					Stroke Count	7	8	9	9	
Breast	50 (IM)	00:41.2	00:40.0	00:40.0	Pace	01:20	01:07	00:58	00:50	00:40.0
					Stroke Count	7	8	9	11	
Breast	100	01:11.4	01:08.0	01:06.0	Pace	02:17	01:54	01:38	01:26	01:08.0
					Stroke Count	8	9	10	11	