



PERSONAL RECORD ("PR") SHEET



Your personal record ("PR") sheet should be filled out throughout the season. Start out with a GOAL for each event and then keep track of your progress. After each meet, write down your event/events and time or distance. Then you will know how much you are improving each week. If you achieve your goal, set a new one!

YOU SHOULD ALWAYS KNOW YOUR "PR"!!

DATE	EVENT	GOAL	TIME OR DISTANCE
04.05.2024 SET GOAL	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
04.06.2024 1ST MEET	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
04.13.2024 2ND MEET	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
04.20.2024 3RD MEET	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
04.27.2024 4TH MEET	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
05.04.2024 5TH MEET	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
05.11.2024 6TH MEET	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
05.18.2024 CHAMP MEET	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
05.21.2024 MEET OF CHAMPIONS	_____	_____	_____
	_____	_____	_____
	_____	_____	_____