



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
03.28.2025			
SET GOAL			
03.29.2025			
1ST MEET			
04.05.2025			
2ND MEET			
04.12.2025			
3RD MEET			
04.26.2025			
4TH MEET			
05.03.2025			
5TH MEET			
05.10.2025			
6TH MEET			
05.18.2025			
CHAMP MEET			
05.20.2025			
MEET OF			
CHAMPIONS			