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
03.27.2026 SET GOAL			
03.28.2026 1ST MEET			
04.11.2026 2ND MEET			
04.18.2026 3RD MEET			
04.25.2026 4TH MEET			
05.02.2026 5TH MEET			
05.09.2026 6TH MEET			
05.17.2026 CHAMP MEET			
05.19.2026 MEET OF CHAMPIONS			