

100 Meter Freestyle Stroke

Record time for each stroke and time difference between
swimmers:

Swimmer 1

Swimmer: _____

Swimlane: _____

Time: _____ (0:00.0)

Time of water in pool: _____

Swim

Swimmer: _____

Swimlane: _____

Time: _____ (0:00.0)

Time of water in pool: _____

Swimming Pool

Swimmer: _____

Swimlane: _____

Time: _____ (0:00.0)

Time of water in pool: _____

Swimmer 2

Swimmer: _____

Swimlane: _____

Time: _____ (0:00.0)

Time of water in pool: _____

Calculate the following (round)

1. pool time _____

2. swimmer _____

3. difference _____

4. length _____

5. average _____

How much time is spent in pool?

How much time is spent in pool on each stroke?

Swimming Pool

Swimmer: _____

Swimlane: _____

Time: _____ (0:00.0)

Time of water in pool: _____

Swimmer

Swimmer: _____

Swimlane: _____

Time: _____ (0:00.0)

Time of water in pool: _____

Swimming Pool

Swimmer: _____

Swimlane: _____

Time: _____ (0:00.0)

Time of water in pool: _____

Swimmer 2

Swimmer: _____

Swimlane: _____

Time: _____ (0:00.0)

Time of water in pool: _____

Calculate the following (round)

6. pool time _____

7. swim _____

8. difference _____

9. length _____

10. average _____

How much time is spent in pool?

How much time is spent in pool on each stroke?
