

Swimmers Time Log

Ben Lomond Flying Ducks 2007 Season

Swimmers Name/Age: _____

Date	Meet	Freestyle	Back	Breast	Butterfly	IM
6/9/2007	BLST Time Trails					
6/16/2007	BLST @ Lakeridge					
6/23/2007	BLST @ Ashland					
6/30/2007	VA Oaks @ BLST					
7/7/2007	BLST @ Meadowbrook					
7/14/2007	Montclair @ BLST					
7/21/2007	Bridlewood @ BLST					
7/28/2007	Divisionals @ Dale City					

Prince William Swim League Time Standards (A cut-off/B-cut-off) - See Ben Lomond website for times

Age Group:	Free	Back	Breast	Fly	IM
A Cut-off					
B Cut-off					