

**Swimming Team Sheet**

6 x boys and 6 x girls for the team

Each child can compete in a 1 x individual race and 1 x relay/paired event

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| **<INSERT SCHOOL NAME>** | **Foundation** | | **Advanced** | |
| **Boys** | **Girls** | **Boys** | **Girls** |
| 25m Freestyle on front | NAME OF ATHLETE | NAME OF ATHLETE | NAME OF ATHLETE | NAME OF ATHLETE |
| 25M Backstroke | NAME OF ATHLETE | NAME OF ATHLETE | NAME OF ATHLETE | NAME OF ATHLETE |
| 25m Breaststroke | NAME OF ATHLETE | NAME OF ATHLETE | NAME OF ATHLETE | NAME OF ATHLETE |
| 4 x 25m Freestyle | NAME OF ATHLETE  NAME OF  ATHELTE | NAME OF ATHLETE  NAME OF  ATHELTE | NAME OF ATHLETE  NAME OF  ATHELTE | NAME OF ATHLETE  NAME OF  ATHELTE |
| 1 x 25m Paired race | NAME OF ATHLETE | NAME OF ATHLETE | NAME OF ATHLETE | NAME OF ATHLETE |

If you have an participant missing on the day you cannot replace them in a race with a child who is already competing.

