The life of the beach.

Surf Life Saving Queensland
Pool Swim Recording Sheet

LOCATION: _____

DATE: _____

Assessors Reminder: Bronze Medallion - 400m in 9 minutes or less. Surf Rescue Certificate - 200m in 5 mins or less

NO.	NAME	100m	200m	300m	400m	200m/400m Total Time	C/NYC
Assessor Name/s		1				Date	
Assessor Signature/s		1				Date	