

SCRATCH SHEET

| (Swimmer'                   | 's Name)                                                                                                                                | (Swimmer's Team)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | (Event #)                                                                             | (Event Name)                      |
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| Check <u>ONE</u> of t       | the boxes below                                                                                                                         | V:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                       |                                   |
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|                             | I will scratch                                                                                                                          | from the event indica                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | ated above.                                                                           |                                   |
|                             | I avarcisa tha                                                                                                                          | OPTION of scratchi                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | ng from this                                                                          | avant within                      |
|                             |                                                                                                                                         | fter my last <u>individua</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                       |                                   |
|                             |                                                                                                                                         | al event of this session                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                       | •                                 |
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| (Swimmers                   |                                                                                                                                         | OR (Coach's Signa                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | ture)                                                                                 | (Time)                            |
| (Swinners                   | Signature                                                                                                                               | (Coach y bigha                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | (urc)                                                                                 | (Time)                            |
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| (Admin Refere               | e's Signature)                                                                                                                          | (Time)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                       |                                   |
| E: IF YOU DECLARE THA       | ΑΤ ΥΟυ ΜΑΥ WANT Τ                                                                                                                       | TO SCRATCH AN EVENT, BUT                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | YOU DO NOT RE                                                                         | TURN TO CONFIRM TH                |
|                             |                                                                                                                                         | NT AND WILL BE PENALIZED                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                       |                                   |
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|                             | Scr                                                                                                                                     | ATCH SH                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | EET                                                                                   |                                   |
| WREEKING                    | Scr                                                                                                                                     | атсн Sн                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | EET                                                                                   |                                   |
| (Swimmer                    |                                                                                                                                         | Swimmer's Team)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | EET<br>(Event #)                                                                      | (Event Name)                      |
|                             | 's Name)                                                                                                                                | (Swimmer's Team)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                       | (Event Name)                      |
| (Swimmer'<br>Check ONE of t | 's Name)                                                                                                                                | (Swimmer's Team)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                       | (Event Name)                      |
|                             | 's Name)<br>the boxes below                                                                                                             | (Swimmer's Team)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | (Event #)                                                                             | (Event Name)                      |
|                             | <sup>'s Name)</sup><br>the boxes below<br>I will scratch                                                                                | (Swimmer's Team)<br>V:<br>I from the event indica                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | (Event #)                                                                             |                                   |
|                             | <sup>'s Name)</sup><br>the boxes below<br>I will scratch<br>I exercise the                                                              | (Swimmer's Team)<br>w:<br>from the event indicate<br>OPTION of scratchi                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | (Event #)<br>ated above.<br>ng from this                                              | event within                      |
|                             | <sup>2</sup> s Name)<br>the boxes below<br>I will scratch<br>I exercise the<br>30 minutes af                                            | (Swimmer's Team)<br>V:<br>from the event indica<br>e OPTION of scratchi<br>fter my last <u>individua</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | (Event #)<br>(Event #)<br>ated above.<br>ng from this<br><u>l</u> event of thi        | event within<br>s session. My     |
|                             | <sup>2</sup> s Name)<br>the boxes below<br>I will scratch<br>I exercise the<br>30 minutes af<br>last <u>individua</u>                   | (Swimmer's Team)<br>w:<br>of from the event indicate<br>OPTION of scratchi<br>fter my last <u>individua</u><br>al event of this session                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | (Event #)<br>(Event #)<br>ated above.<br>ng from this<br><u>l</u> event of thi        | event within<br>s session. My     |
| Check <u>ONE</u> of t       | <sup>2</sup> s Name)<br>the boxes below<br>I will scratch<br>I exercise the<br>30 minutes af<br>last <u>individua</u>                   | (Swimmer's Team)<br>(Swimmer's Team)<br>(Swimer's Team)<br>(Swimmer's Team)<br>(Swimmer's Team)<br>(Swimme | (Event #)<br>(Event #)<br>ated above.<br>ng from this<br>l event of thi<br>is event # | event within<br>s session. My<br> |
|                             | <sup>2</sup> s Name)<br>the boxes below<br>I will scratch<br>I exercise the<br>30 minutes af<br>last <u>individua</u>                   | (Swimmer's Team)<br>w:<br>of from the event indicate<br>OPTION of scratchi<br>fter my last <u>individua</u><br>al event of this session                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | (Event #)<br>(Event #)<br>ated above.<br>ng from this<br>l event of thi<br>is event # | event within<br>s session. My     |
| Check <u>ONE</u> of t       | <sup>'s Name)</sup><br>the boxes below<br>I will scratch<br>I exercise the<br>30 minutes af<br>last <u>individua</u><br>(<br>Signature) | (Swimmer's Team)<br>(Swimmer's Team)<br>(Swimer's Team)<br>(Swimmer's Team)<br>(Swimmer's Team)<br>(Swimme | (Event #)<br>(Event #)<br>ated above.<br>ng from this<br>l event of thi<br>is event # | event within<br>s session. My<br> |