

# Swim Defiance Proof Of Time

\_\_\_\_\_ 1500 Meters \_\_\_\_\_ 1650 Yards



Witness signature/date \_\_\_\_\_

Swimmer: \_\_\_\_\_  
 Age: \_\_\_\_\_  
 Gender: \_\_\_\_\_  
 USMS#: \_\_\_\_\_

Date: \_\_\_\_\_  
 Course (yd or m): \_\_\_\_\_  
 Location: \_\_\_\_\_  
 Timer: \_\_\_\_\_  
 Timer's Phone or email: \_\_\_\_\_

Lengths	Distance	50 Split	Cumulative Time
2	50		
4	100		
6	150		
8	200		
10	250		
12	300		
14	350		
16	400		
18	450		
20	500		
22	550		
24	600		
26	650		
28	700		
30	750		
32	800		
34	850		
36	900		
38	950		
40	1000		
42	1050		
44	1100		
46	1150		
48	1200		
50	1250		
52	1300		
54	1350		
56	1400		
58	1450		
60	1500		

Lengths	Distance	50 Split	Cumulative Time
62	1550		
64	1600		
66	1650		
68	1700		
70	1750		
72	1800		
74	1850		
76	1900		
78	1950		
80	2000		
82	2050		
84	2100		
86	2150		
88	2200		
90	2250		
92	2300		
94	2350		
96	2400		
98	2450		
100	2500		
102	2550		
104	2600		
106	2650		
108	2700		
110	2750		
112	2800		
114	2850		
116	2900		
118	2950		
120	3000		

Witness can also be timer.  
 Highlighted cells are the cumulative split times that are required to be entered.  
 If swum in a metric pool, do not convert to yards.  
 Be sure to designate 1650 yards or 1500 meters.