

# SAIL Meet Entry Card

**Medley Relay**  
 Stroke infraction \_\_\_\_\_ Stroke out of sequence \_\_\_\_\_  
 Early Take-off #2 #3 #4 \_\_\_\_\_  
 Changed swimmer order \_\_\_\_\_

**Short Free**  
*During:* Start \_\_\_\_\_ Swim \_\_\_\_\_ Turn \_\_\_\_\_ Finish \_\_\_\_\_  
 Head did not break surface by 15 m \_\_\_\_\_  
 Advanced on lane line \_\_\_\_\_ Pushed off bottom \_\_\_\_\_  
 No touch at turn \_\_\_\_\_

**Individual Medley**  
 Stroke infraction \_\_\_\_\_ Stroke out of sequence \_\_\_\_\_

**Breaststroke**  
*During:* Start \_\_\_\_\_ Swim \_\_\_\_\_ Turn \_\_\_\_\_ Finish \_\_\_\_\_  
*Kick:* Alternating \_\_\_\_\_ Butterfly \_\_\_\_\_ Scissors \_\_\_\_\_  
 Feet not outward during propulsive part of kick \_\_\_\_\_  
*Arms:* Non-simultaneous \_\_\_\_\_ 2 strokes under H<sub>2</sub>O \_\_\_\_\_  
 Elbows recovered over H<sub>2</sub>O \_\_\_\_\_  
 Arms not in horizontal plane \_\_\_\_\_  
*Cycle:* Head not up \_\_\_\_\_ Dbl pull \_\_\_\_\_ Dbl kick \_\_\_\_\_  
 Hands pulled past hipline \_\_\_\_\_  
*Touch:* One hand \_\_\_\_\_ Non-simultaneous order \_\_\_\_\_  
 Not toward breast off wall \_\_\_\_\_

**Long Free**  
*During:* Start \_\_\_\_\_ Swim \_\_\_\_\_ Turn \_\_\_\_\_ Finish \_\_\_\_\_  
 Head did not break surface by 15 m \_\_\_\_\_  
 Advanced on lane line \_\_\_\_\_ Pushed off bottom \_\_\_\_\_  
 No touch at turn \_\_\_\_\_

**Backstroke**  
*During:* Start \_\_\_\_\_ Swim \_\_\_\_\_ Turn \_\_\_\_\_ Finish \_\_\_\_\_  
 Toes over lip of gutter after start \_\_\_\_\_  
 Head did not break surface by 15 m \_\_\_\_\_  
 Advanced on lane line \_\_\_\_\_ No touch at turn \_\_\_\_\_  
 Shoulders past vertical toward breast \_\_\_\_\_

**Fast vertical at turn:** Non continuous turning action \_\_\_\_\_  
 Independent kicks \_\_\_\_\_ Independent strokes \_\_\_\_\_  
 Gliding \_\_\_\_\_ Not toward back off wall \_\_\_\_\_

**Butterfly**  
*During:* Start \_\_\_\_\_ Swim \_\_\_\_\_ Turn \_\_\_\_\_ Finish \_\_\_\_\_  
 Head did not surface by 15 m \_\_\_\_\_  
*Kick:* Alternating \_\_\_\_\_ Scissors \_\_\_\_\_ Breast \_\_\_\_\_  
*Arms:* Non simultaneous \_\_\_\_\_ Under H<sub>2</sub>O recovery \_\_\_\_\_  
*Touch:* One hand \_\_\_\_\_ Non simultaneous order \_\_\_\_\_  
 Not toward breast off wall \_\_\_\_\_

**Free Relay**  
 Early Take-off #2 #3 #4 \_\_\_\_\_  
 Changed swimmer order \_\_\_\_\_

**Other**  
 False Start \_\_\_\_\_ Delay of meet \_\_\_\_\_ Stood on Bottom \_\_\_\_\_  
 Did not finish \_\_\_\_\_ Finished in wrong lane \_\_\_\_\_

RELAY SWIMMERS: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**TIMES:**

A \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_  
 B \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_  
 C \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_

Recorder's Initials \_\_\_\_\_

**RECORDS USE ONLY**

**OFFICIAL FINISH**



**OFFICIAL TIME**

\_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_

**JUDGE** \_\_\_\_\_

**REFEREE** \_\_\_\_\_