|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1st Phase:** | | | | | |
| **Trial #** | **Distance** | | **Time** | **Speed \*** | |
| **1** |  | |  |  | |
| **2** |  | |  |  | |
| **3** |  | |  |  | |
| **Average** | **Average** | | **Average** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **2nd Phase:** | | | | | |
| **Trial #** |  | |  |  | |
| **1** |  | |  |  | |
| **2** |  | |  |  | |
| **3** |  | |  |  | |
| **Average** | **Average** | | **Average** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **3rd Phase:** | | | | | |
| **Trial #** |  | |  |  | |
| **1** |  | |  |  | |
| **2** |  | |  |  | |
| **3** |  | |  |  | |
| **Average** | **Average** | | **Average** |