



SCORECARD

Name:

Date:

01. Rowing

5 min - 12 min - 20 min (circle one)

Distance Achieved:

Average Split Time (/500m):

Notes:

Level Achieved: (circle one)

- WHITE 1
- YELLOW 1 2 3
- ORANGE 1 2 3
- BLUE 1 2 3
- PURPLE 1 2 3
- BROWN 1 2 3
- BLACK