	TX 7~	α	$C1_{2} = 4.$	\mathbf{C}_{α}	
	vvave	ี เรกรา	Sheet:	Season	
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Example: Outcome Goal: "I love racing tough and placing Top 16 at Junior Nats. in the 800 Free" Event Outcome Goal: "I feel so strong when I touch the wall in 8:54.52 in my 800." Required Splits: 1st 100 = 1:04/ Hold 1:07's/ last 100 = 1:06
Outcome Goal (place/qualify): 1.
Event Outcome Goal (actual time): 1.
Required Splits:
Action Plans (process goals)
1.
2.
3.
Outcome Goal (place/qualify): 1.
Event Outcome Goal (actual time): 1.
Required Splits:
Action Plans (process goals)
1.
2.

3.

NJ	Wave	Goal	Sheet:	Season	

Outcome Goal (place/qualify): 1.
Event Outcome Goal (actual time): 1.
Required Splits:
Action Plans (process goals)
1.
2.
3.
Outcome Goal (place/qualify): 1.
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