

11.2a

DISCATHLON RELAY TARGET HEART ZONE RECORDING SHEET

Racer's name: _____ Team name: _____

Target heart zone range (zone 3): _____ to _____ bpm

	Loop 1	Loop 2	Loop 3
Heart rate before throwing			
Heart rate after throwing			
Heart rate difference			
Number of targets knocked off			

Race official's name: _____