

500 Yard Freestyle, High School Swimming Lap Counting sheet

Event #: \_\_\_\_\_ Men Women (circle one)

Laps	Yards	Heat #: _____	Heat #: _____	Heat #: _____
2	50			
4	100			
6	150			
8	200			
10	250			
12	300			
14	350			
16	400			
18	450			
20	500			

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