

500 Yard Freestyle

Split Recording 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 | Bell | Bell | Bell |
| 20 | 500 | | | |

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Men Women (circle one)

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Record the split times from the scoreboard. The watch time is to be recorded on the usual lane timer sheet.