MAINE SWIMMING, INC.

1000 Yard Freestyle Counting Recording Sheets

Event #:_____ **Men** **Women** **(circle one)**

Heat #:			1	2	3	4	5	6	7	8	9	10
	Yards	Laps										
	50	2										
	100	4										
	150	6										
	200	8										
	250	10										
	300	12										
	350	14										
	400	16										
	450	18										
	500	20										
	550	22										
	600	24										
	650	26										
	700	28										
	750	30										
	800	32										
	850	34										
	900	36										
Bell	950	38										
	1000	40										

Event #:_____ **Men** **Women** **(circle one)**

Heat #:			1	2	3	4	5	6	7	8	9	10
	Yards	Laps										
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