MAINE SWIMMING, INC.

1500 LCM Freestyle Counting Recording Sheets

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

Heat #:			1	2	3	4	5	6	7	8	9	10
	Yards	Laps										
	50	1										
	100	2										
	150	3										
	200	4										
	250	5										
	300	6										
	350	7										
	400	8										
	450	9										
	500	10										
	550	11										
	600	12										
	650	13										
	700	14										
	750	15										
	800	16										
	850	17										
	900	18										
	950	19										
	1000	20										
	1050	21										
	1100	22										
	1150	23										
	1200	24										
	1250	25										
	1300	26										
	1350	27										
	1400	28										
Bell	1450	29										
	1500	30										