

# MAINE SWIMMING, INC.

500 Yard Freestyle

Split Recording Sheet

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

| Swimmer: |       |               |               |               |
|----------|-------|---------------|---------------|---------------|
| 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   |               |               |               |

Event #: \_\_\_\_\_ Lane #: \_\_\_\_\_      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.