MAINE SWIMMING, INC.

500 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										
Bell	450	38										
	500	20										

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										
Bell	450	38										
	500	20										

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										
Bell	450	38										
	500	20										

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										
Bell	450	38										
	500	20										