MAINE SWIMMING, INC.

800 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										
Bell	750	15										
	800	16										

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