

800 Meter Freestyle – Short Course

Lap Count Recording Sheet

Event #: _____

Men

Women (circle one)

Laps	Meters	Heat #: _____	Heat #: _____	Heat #: _____
2	50			
4	100			
6	150			
8	200			
10	250			
12	300			
14	350			
16	400			
18	450			
20	500			
22	550			
24	600			
26	650			
28	700			
30	750	Bell	Bell	Bell
32	800			

Event #: _____ Lane #: _____

Men

Women (circle one)

Laps	Meters	Heat #: _____	Heat #: _____	Heat #: _____
2	50			
4	100			
6	150			
8	200			
10	250			
12	300			
14	350			
16	400			
18	450			
20	500			
22	550			
24	600			
26	650			
28	700			
30	750	Bell	Bell	Bell
32	800			

Record split times from the scoreboard. The watch time should be recorded on the usual lane timer sheet.