

500 Yard Freestyle

Swim Meet: _____

Official's Count Sheet

Event #: _____ Men Women (circle one)

Official: _____

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			

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Instructions

Write the order of the swimmers at each distance by lane number; for example if lane 3 is first, lane 4 is second, lane 5 is third, and lane 8 is fourth the sequence in the box would be: 3 4 5 8