

500 Freestyle Far End Lap Counting Sheets

		Event # _____	Event # _____	Event # _____	Event # _____
LAPS	YARDS	Heat # _____ Lanes	Heat # _____ Lanes	Heat # _____ Lanes	Heat # _____ Lanes
1	25				
3	75				
5	125				
7	175				
9	225				
11	275				
13	325				
15	375				
17	425	Red	Red	Red	Red
19	475				

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