



1000 & 1650 Yard Freestyle – Lap counting sheet

Yards	Lap	Event/Heat:	G / B	Event/Heat:	G / B	Event/Heat:	G / B
50	2						
100	4						
150	6						
200	8						
250	10						
300	12						
350	14						
400	16						
450	18						
500	20						
550	22						
600	24						
650	26						
700	28						
750	30						
800	32						
850	34						
900	36						
	38						
1000	40						
1050	42						
1100	44						
1150	46						
1200	48						
1250	50						
1300	52						
1350	54						
1400	56						
1450	58						
1500	60						
1550	62						
	64						
1650	66						