





800 & 1500 Meter Freestyle – Lap counting sheet

Meters	Lap	Event/Heat:	G / B	Event/Heat:	G / B	Event/Heat:	G / B
100	2						
200	4						
300	6						
400	8						
500	10						
600	12						
	14						
800	16						
900	18						
1000	20						
1100	22						
1200	24						
1300	26						
	28						
1500	30						

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100	2						
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