500 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						
Ţ	18						
500	20						
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Yards	Lap	Event/Heat:	G/B	Event/Heat:	G/B	Event/Heat:	G/B
50	2						
100	4						
150	6						
200	8	1 1 1 1 1 1 1					ı
250	10						
300	12						1
350	14						
400	16						
Ţ	18						
500	20						
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50	2						
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