

**SWIM-A-THON LAP COUNTER**

Athlete: \_\_\_\_\_

Group: \_\_\_\_\_

Date: \_\_\_\_\_

# laps	Distance	Mark "X"
2	50	
4	100	
6	150	
8	200	
10	250	
12	300	
14	350	
16	400	
18	450	
20	500	
22	550	
24	600	
26	650	
28	700	
30	750	
32	800	
34	850	
36	900	
38	950	
40	1000	

# laps	Distance	Mark "X"
42	50	
44	100	
46	150	
48	200	
50	250	
52	300	
54	350	
56	400	
58	450	
60	500	
62	550	
64	600	
66	650	
68	700	
70	750	
72	800	
74	850	
76	900	
78	950	
80	2000	

# laps	Distance	Mark "X"
82	50	
84	100	
86	150	
88	200	
90	250	
92	300	
94	350	
96	400	
98	450	
100	500	
102	550	
104	600	
106	650	
108	700	
110	750	
112	800	
114	850	
116	900	
118	950	
120	3000	

# laps	Distance	Mark "X"
122	50	
124	100	
126	150	
128	200	
130	250	
132	300	
134	350	
136	400	
138	450	
140	500	
142	550	
144	600	
146	650	
148	700	
150	750	
152	800	
154	850	
156	900	
158	950	
160	4000	

# laps	Distance	Mark "X"
162	50	
164	100	
166	150	
168	200	
170	250	
172	300	
174	350	
176	400	
178	450	
180	500	
182	550	
184	600	
186	650	
188	700	
190	750	
192	800	
194	850	
196	900	
198	950	
200	5000	

Coach Signature: \_\_\_\_\_

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Group: \_\_\_\_\_

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134	350	
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194	850	
196	900	
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Coach Signature: \_\_\_\_\_