






# 500 YARD FREESTYLE


EVENT _____		HEAT _____	
lap	yard	order of touch	
2	50		
4	100		
6	150		
8	200		
10	250		
12	300		
14	350		
16	400		
	<b>450</b>		
	500		


EVENT _____		HEAT _____	
lap	yard	order of touch	
2	50		
4	100		
6	150		
8	200		
10	250		
12	300		
14	350		
16	400		
	<b>450</b>		
	500		


EVENT _____		HEAT _____	
lap	yard	order of touch	
2	50		
4	100		
6	150		
8	200		
10	250		
12	300		
14	350		
16	400		
	<b>450</b>		
	500		


EVENT _____		HEAT _____	
lap	yard	order of touch	
2	50		
4	100		
6	150		
8	200		
10	250		
12	300		
14	350		
16	400		
	<b>450</b>		
	500		

EVENT _____		HEAT _____	
lap	yard	order of touch	
2	50		
4	100		
6	150		
8	200		
10	250		
12	300		
14	350		
16	400		
	<b>450</b>		
	500		


EVENT _____		HEAT _____	
lap	yard	order of touch	
2	50		
4	100		
6	150		
8	200		
10	250		
12	300		
14	350		
16	400		
	<b>450</b>		
	500		


EVENT _____		HEAT _____	
lap	yard	order of touch	
2	50		
4	100		
6	150		
8	200		
10	250		
12	300		
14	350		
16	400		
	<b>450</b>		
	500		


EVENT _____		HEAT _____	
lap	yard	order of touch	
2	50		
4	100		
6	150		
8	200		
10	250		
12	300		
14	350		
16	400		
	<b>450</b>		
	500		


EVENT _____		HEAT _____	
lap	yard	order of touch	
2	50		
4	100		
6	150		
8	200		
10	250		
12	300		
14	350		
16	400		
	<b>450</b>		
	500		


# 500 YARD FREESTYLE


EVENT _____		HEAT _____	
lap	yard	order of touch	
2	50		
4	100		
6	150		
8	200		
10	250		
12	300		
14	350		
16	400		
 <b>450</b>			
	500		


EVENT _____		HEAT _____	
lap	yard	order of touch	
2	50		
4	100		
6	150		
8	200		
10	250		
12	300		
14	350		
16	400		
 <b>450</b>			
	500		


EVENT _____		HEAT _____	
lap	yard	order of touch	
2	50		
4	100		
6	150		
8	200		
10	250		
12	300		
14	350		
16	400		
 <b>450</b>			
	500		


EVENT _____		HEAT _____	
lap	yard	order of touch	
2	50		
4	100		
6	150		
8	200		
10	250		
12	300		
14	350		
16	400		
 <b>450</b>			
	500		

EVENT _____		HEAT _____	
lap	yard	order of touch	
2	50		
4	100		
6	150		
8	200		
10	250		
12	300		
14	350		
16	400		
 <b>450</b>			
	500		

EVENT _____		HEAT _____	
lap	yard	order of touch	
2	50		
4	100		
6	150		
8	200		
10	250		
12	300		
14	350		
16	400		
 <b>450</b>			
	500		

EVENT _____		HEAT _____	
lap	yard	order of touch	
2	50		
4	100		
6	150		
8	200		
10	250		
12	300		
14	350		
16	400		
 <b>450</b>			
	500		

EVENT _____		HEAT _____	
lap	yard	order of touch	
2	50		
4	100		
6	150		
8	200		
10	250		
12	300		
14	350		
16	400		
 <b>450</b>			
	500		

EVENT _____		HEAT _____	
lap	yard	order of touch	
2	50		
4	100		
6	150		
8	200		
10	250		
12	300		
14	350		
16	400		
 <b>450</b>			
	500		