



# European Forces Swim League

800 Meter LC Long Distance Count Card			
Swimmer Name	Heat:	Lane:	
Distance	Time	Count Down	Count Up
100		15	1
200		13	3
300		11	5
400		9	7
500		7	9
600		5	11
700	BELL	3	13
800		1 (RED)	15

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100		15	1
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300		11	5
400		9	7
500		7	9
600		5	11
700	BELL	3	13
800		1 (RED)	15



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1500 Meter LC Long Distance Count Card			
Swimmer Name	Heat:	Lane:	
Distance	Time	Count Down	Count Up
100		29	1
200		27	3
300		25	5
400		23	7
500		21	9
600		19	11
700		17	13
800		15	15
900		13	17
1000		11	19
1100		9	21
1200		7	23
1300		5	25
1400	BELL	3	27
1500		1 (RED)	29

1500 Meter LC Long Distance Count Card			
Swimmer Name	Heat:	Lane:	
Distance	Time	Count Down	Count Up
100		29	1
200		27	3
300		25	5
400		23	7
500		21	9
600		19	11
700		17	13
800		15	15
900		13	17
1000		11	19
1100		9	21
1200		7	23
1300		5	25
1400	BELL	3	27
1500		1 (RED)	29