

1500 Meter Freestyle – Long Course

Lap Recording Sheet

Event #: \_\_\_\_\_

Laps	Meters	Heat #: _____	Heat #: _____	Heat #: _____
2	100			
4	200			
6	300			
8	400			
10	500			
12	600			
14	700			
16	800			
18	900			
20	1000			
22	1100			
24	1200			
26	1300			
28	1400	Bell	Bell	Bell
30	1500			

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18	900			
20	1000			
22	1100			
24	1200			
26	1300			
28	1400	Bell	Bell	Bell
30	1500			

Record the lane number in the row associated with the lap each time the swimmer in that lane completes the lap