

500 Yard Freestyle

Lap Recording Sheet

Event #: _____

Laps	Yards	Heat #: _____	Heat #: _____	Heat #: _____
2	50			
4	100			
6	150			
8	200			
10	250			
12	300			
14	350			
16	400			
18	450	Bell	Bell	Bell
20	500			

Event #: _____

Laps	Yards	Heat #: _____	Heat #: _____	Heat #: _____
2	50			
4	100			
6	150			
8	200			
10	250			
12	300			
14	350			
16	400			
18	450	Bell	Bell	Bell
20	500			

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