

800 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	Bell	Bell	Bell
16	800			

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