

# 1000 Yard Freestyle

# Counting Sheet

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

Laps	Yards	Heat #: _____	Heat #: _____	Heat #: _____	Heat #: _____	Heat #: _____	Heat #: _____
2	50						
4	100						
6	150						
8	200						
10	250						
12	300						
14	350						
16	400						
18	450						
20	500						
22	550						
24	600						
26	650						
28	700						
30	750						
32	800						
34	850						
36	900						
38	950	Bell	Bell	Bell	Bell	Bell	Bell
40	1000						

The watch time is to be recorded on the usual lane timer sheet