



High School Swimming

500-Yard Lap Counting Log


Event _____ Heat _____

| LAPS | YDS | ORDER of TOUCH |
|---|-----|----------------|
| 2 | 50 | |
| 4 | 100 | |
| 6 | 150 | |
| 8 | 200 | |
| 10 | 250 | |
| 12 | 300 | |
| 14 | 350 | |
| 16 | 400 | |
|  | 450 | |
| 20 | 500 | |


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