

# HS LAP COUNT SHEET

## 500 YARD FREESTYLE

Event#: **15** WOMENS

LAPS	YARDS	HEAT#: 1	HEAT#: 2	HEAT#: 3	HEAT#: 4
2	50				
4	100				
6	150				
8	200				
10	250				
12	300				
14	350				
16	400				
18	450	____ Bell,	____ Bell,	____ Bell,	____ Bell,
20	500				

Event#: **16** MENS

LAPS	YARDS	HEAT#: 1	HEAT#: 2	HEAT#: 3	HEAT#: 4
2	50				
4	100				
6	150				
8	200				
10	250				
12	300				
14	350				
16	400				
18	450	____ Bell,	____ Bell,	____ Bell,	____ Bell,
20	500				