

500 Yard Freestyle

Split Recording Sheet

Event #: _____

Men

Women

(circle one)

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 #: _____

Men

Women

(circle one)

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 split times from the scoreboard. The watch time is to be recorded on the usual lane timer sheet.

1000 Yard Freestyle

Split Recording Sheet

Event #: _____

Lane #: _____

Men Women (circle one)

Laps	Yards	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
40	1000			

Record the split times from the scoreboard. The watch time is to be recorded on the usual lane timer sheet.

1650 Yard Freestyle

Split Recording Sheet

Event #: _____

Men Women (circle one)

Laps	Yards	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			
40	1000			
42	1050			
44	1100			
46	1150			
48	1200			
50	1250			
52	1300			
54	1350			
56	1400			
58	1450			
60	1500			
62	1550			
64	1600	Bell	Bell	Bell
66	1650			

Record the split times from the scoreboard. The watch time is to be recorded on the usual lane timer sheet.