





1000 Yard Lap Counting Sheet


Event: _____ Heat: _____

Event: _____ Heat: _____

Event: _____ Heat: _____

Lap	Yard	Order of Touch
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	
	950	
40	1000	

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