

# HS LAP COUNT SHEET

## 500 YARD FREESTYLE

Event#:            MEN   WOMEN

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				

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