

Five Hundred Sheets

	Event _____			Heat _____						
	1	2	3	4	5	6	7	8	9	10
50 (2)										
100 (4)										
150 (6)										
200 (8)										
250 (10)										
300 (12)										
350 (14)										
400 (16)										
450 (18)										
500 (20)										

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How To:

50 - 450 check the lane for the lap for each swimmer

500 write/record the place of finish for each swimmer