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.