1500 Meter Freestyle – Long Course Split Recording Sheet

Event #:_____ Lane #:_____ Men Women (circle one)

Laps	Meters	Heat #: _____	Heat #: _____	Heat #: _____
2	100			
4	200			
6	300			
8	400			
10	500			
12	600			
14	700			
16	800			
18	900			
20	1000			
22	1100			
24	1200			
26	1300			
28	1400	Bell	Bell	Bell
30	1500			

Event #:_____ Lane #:_____ Men Women (circle one)

Laps	Meters	Heat #: _____	Heat #: _____	Heat #: _____
2	100			
4	200			
6	300			
8	400			
10	500			
12	600			
14	700			
16	800			
18	900			
20	1000			
22	1100			
24	1200			
26	1300			
28	1400	Bell	Bell	Bell
30	1500			

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