400 Meter Freestyle – Long Course Split Recording Sheet

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

Laps	Meters	Heat #: _____	Heat #: _____	Heat #: _____
2	100			
4	200			
6	300	Bell	Bell	Bell
8	400			

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

Laps	Meters	Heat #: _____	Heat #: _____	Heat #: _____
2	100			
4	200			
6	300	Bell	Bell	Bell
8	400			

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

Laps	Meters	Heat #: _____	Heat #: _____	Heat #: _____
2	100			
4	200			
6	300	Bell	Bell	Bell
8	400			

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

Laps	Meters	Heat #: _____	Heat #: _____	Heat #: _____
2	100			
4	200			
6	300	Bell	Bell	Bell
8	400			

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