400 Meter Freestyle – Short Course Split Recording Sheet

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

Laps	Meters	Heat #: _____	Heat #: _____	Heat #: _____
2	50			
4	100			
6	150			
8	200			
10	250			
12	300			
14	350	Bell	Bell	Bell
16	400			

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

Laps	Meters	Heat #: _____	Heat #: _____	Heat #: _____
2	50			
4	100			
6	150			
8	200			
10	250			
12	300			
14	350	Bell	Bell	Bell
16	400			

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

Laps	Meters	Heat #: _____	Heat #: _____	Heat #: _____
2	50			
4	100			
6	150			
8	200			
10	250			
12	300			
14	350	Bell	Bell	Bell
16	400			

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