500 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	Bell	Bell	Bell
20	500			

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

Laps	Yards	Heat #: _____	Heat #: _____	Heat #: _____
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18	450	Bell	Bell	Bell
20	500			

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