

# 400 Meter Freestyle LC – Lap counting sheet

| Meters                                                                            | Lap | Event/Heat: | M / F | Event/Heat: | M / F | Event/Heat: | M / F |
|-----------------------------------------------------------------------------------|-----|-------------|-------|-------------|-------|-------------|-------|
| 100                                                                               | 2   |             |       |             |       |             |       |
| 200                                                                               | 4   |             |       |             |       |             |       |
|  | 6   |             |       |             |       |             |       |
| 400                                                                               | 8   |             |       |             |       |             |       |

| Meters                                                                            | Lap | Event/Heat: | M / F | Event/Heat: | M / F | Event/Heat: | M / F |
|-----------------------------------------------------------------------------------|-----|-------------|-------|-------------|-------|-------------|-------|
| 100                                                                               | 2   |             |       |             |       |             |       |
| 200                                                                               | 4   |             |       |             |       |             |       |
|  | 6   |             |       |             |       |             |       |
| 400                                                                               | 8   |             |       |             |       |             |       |

| Meters                                                                             | Lap | Event/Heat: | M / F | Event/Heat: | M / F | Event/Heat: | M / F |
|------------------------------------------------------------------------------------|-----|-------------|-------|-------------|-------|-------------|-------|
| 100                                                                                | 2   |             |       |             |       |             |       |
| 200                                                                                | 4   |             |       |             |       |             |       |
|  | 6   |             |       |             |       |             |       |
| 400                                                                                | 8   |             |       |             |       |             |       |

| Meters                                                                              | Lap | Event/Heat: | M / F | Event/Heat: | M / F | Event/Heat: | M / F |
|-------------------------------------------------------------------------------------|-----|-------------|-------|-------------|-------|-------------|-------|
| 100                                                                                 | 2   |             |       |             |       |             |       |
| 200                                                                                 | 4   |             |       |             |       |             |       |
|  | 6   |             |       |             |       |             |       |
| 400                                                                                 | 8   |             |       |             |       |             |       |

| Meters                                                                              | Lap | Event/Heat: | M / F | Event/Heat: | M / F | Event/Heat: | M / F |
|-------------------------------------------------------------------------------------|-----|-------------|-------|-------------|-------|-------------|-------|
| 100                                                                                 | 2   |             |       |             |       |             |       |
| 200                                                                                 | 4   |             |       |             |       |             |       |
|  | 6   |             |       |             |       |             |       |
| 400                                                                                 | 8   |             |       |             |       |             |       |

| Meters                                                                              | Lap | Event/Heat: | M / F | Event/Heat: | M / F | Event/Heat: | M / F |
|-------------------------------------------------------------------------------------|-----|-------------|-------|-------------|-------|-------------|-------|
| 100                                                                                 | 2   |             |       |             |       |             |       |
| 200                                                                                 | 4   |             |       |             |       |             |       |
|  | 6   |             |       |             |       |             |       |
| 400                                                                                 | 8   |             |       |             |       |             |       |