





# Distance Tracking Sheets

\*800m and 1500m Freestyle

Heat/Event	Lanes									
	0	1	2	3	4	5	6	7	8	9
50										
100										
150										
200										
250										
300										
350										
400										
450										
500										
550										
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1050										
1100										
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1300										
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1400										
1450 										
1500										
Placing										

Heat/Event	Lanes									
	0	1	2	3	4	5	6	7	8	9
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100										
150										
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250										
300										
350										
400										
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1100										
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1200										
1250										
1300										
1350										
1400										
1450 										
1500										
Placing										

\*Short Course

# Distance Tracking Sheets

\*800m and 1500m Freestyle

\*400m Freestyle

Heat/Event	Lanes									
	0	1	2	3	4	5	6	7	8	9
50										
100										
150										
200										
250										
300										
350										
400										
Placing										

Heat/Event	Lanes									
	0	1	2	3	4	5	6	7	8	9
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Placing										