Distance Tracking Sheets



*800m and 1500m Freestyle

| Heat/Event | | Lanes | | | | | | | | | Heat/Event | Lanes | | | | | | | | | |
|------------|---|-------|---|---|---|---|---|---|---|---|------------|-------|---|---|---|---|---|---|---|---|---|
| | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 50 | | | | | | | | | | | 50 | | | | | | | | | | |
| 100 | | | | | | | | | | | 100 | | | | | | | | | | |
| 150 | | | | | | | | | | | 150 | | | | | | | | | | |
| 200 | | | | | | | | | | | 200 | | | | | | | | | | |
| 250 | | | | | | | | | | | 250 | | | | | | | | | | |
| 300 | | | | | | | | | | | 300 | | | | | | | | | | |
| 350 | | | | | | | | | | | 350 | | | | | | | | | | |
| 400 | | | | | | | | | | | 400 | | | | | | | | | | |
| 450 | | | | | | | | | | | 450 | | | | | | | | | | |
| 500 | | | | | | | | | | | 500 | | | | | | | | | | |
| 550 | | | | | | | | | | | 550 | | | | | | | | | | |
| 600 | | | | | | | | | | | 600 | | | | | | | | | | |
| 650 | | | | | | | | | | | 650 | | | | | | | | | | |
| 700 | | | | | | | | | | | 700 | | | | | | | | | | |
| 750 | | | | | | | | | | | 750 | > | | | | | | | | | |
| 800 | | | | | | | | | | | 800 | | | | | | | | | | |
| 850 | | | | | | | | | | | 850 | | | | | | | | | | |
| 900 | | | | | | | | | | | 900 | | | | | | | | | | |
| 950 | | | | | | | | | | | 950 | | | | | | | | | | |
| 1000 | | | | | | | | | | | 1000 | | | | | | | | | | |
| 1050 | | | | | | | | | | | 1050 | | | | | | | | | | |
| 1100 | | | | | | | | | | | 1100 | | | | | | | | | | |
| 1150 | | | | | | | | | | | 1150 | | | | | | | | | | |
| 1200 | | | | | | | | | | | 1200 | | | | | | | | | | |
| 1250 | | | | | | | | | | | 1250 | | | | | | | | | | |
| 1300 | | | | | | | | | | | 1300 | | | | | | | | | | |
| 1350 | | | | | | | | | | | 1350 | | | | | | | | | | |
| 1400 | | | | | | | | | | | 1400 | | | | | | | | | | |
| 1450 | > | | | | | | | | | | 1450 | > | | | | | | | | | |
| 1500 | | | | | | | | | | | 1500 | | | | | | | | | | |
| Placing | | | | | | | | | | | Placing | | | 1 | | 1 | | | | | |

*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 | |
| 50 | | | | | | | | | | | |
| 100 | | | | | | | | | | | |
| 150 | | | | | | | | | | | |
| 200 | | | | | | | | | | | |
| 250 | | | | | | | | | | | |
| 300 | | | | | | | | | | | |
| 350 | | | | | | | | | | | |
| 400 | | | | | | | | | | | |
| Placing | | | | | | | | | | | |