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											