

500 Yard/400 Meter Freestyle (Rule 5-1-1)

SCHSL Split Recording Sheet

Event #: _____

Men Women (circle one)

Laps	Y/M	Heat #: _____	Heat #: _____	Heat #: _____
2	50			
4	100			
6	150			
8	200			
10	250			
12	300			
<u>M 14</u>	350 <u>Bell</u>			
16	400			
<u>Y 18</u>	450 <u>Bell</u>			
20	500			

Event #: _____

Men Women (circle one)

Laps	Y/M	Heat #: _____	Heat #: _____	Heat #: _____
2	50			
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6	150			
8	200			
10	250			
12	300			
<u>M 14</u>	350 <u>Bell</u>			
16	400			
<u>Y 18</u>	450 <u>Bell</u>			
20	500			