

400 Meter Freestyle – Short Course

Split Recording Sheet

Event #: _____ Lane #: _____

Men

Women (circle one)

Laps	Meters	Heat #: _____	Heat #: _____	Heat #: _____
2	50			
4	100			
6	150			
8	200			
10	250			
12	300			
14	350	Bell	Bell	Bell
16	400			

Event #: _____ Lane #: _____

Men

Women (circle one)

Laps	Meters	Heat #: _____	Heat #: _____	Heat #: _____
2	50			
4	100			
6	150			
8	200			
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16	400			

Record the split times from the scoreboard. The watch time is to be recorded on the usual lane timer sheet