




MIDWESTERN SWIMMING


# 1000 YARD FREESTYLE


EVENT \_\_\_\_\_ HEAT \_\_\_\_\_

EVENT \_\_\_\_\_ HEAT \_\_\_\_\_

EVENT \_\_\_\_\_ HEAT \_\_\_\_\_

lap	yard	order of touch
2	50	
4	100	
6	150	
8	200	
10	250	
12	300	
14	350	
16	400	
18	450	
20	500	
22	550	
24	600	
26	650	
28	700	
30	750	
32	800	
34	850	
36	900	
 950		
1000		

lap	yard	order of touch
2	50	
4	100	
6	150	
8	200	
10	250	
12	300	
14	350	
16	400	
18	450	
20	500	
22	550	
24	600	
26	650	
28	700	
30	750	
32	800	
34	850	
36	900	
 950		
1000		

lap	yard	order of touch
2	50	
4	100	
6	150	
8	200	
10	250	
12	300	
14	350	
16	400	
18	450	
20	500	
22	550	
24	600	
26	650	
28	700	
30	750	
32	800	
34	850	
36	900	
 950		
1000		