50 Metre Pool – Lap Count Sheet - Start End

1500 metres	1500 metres	1500 metres	1500 metres	1500 metres	1500 metres	1500 metres	1500 metres	1500 metres
Heat No.								
Start 30 laps	**Start 30 laps**	**Start 30 laps**	**Start 30 laps**	**Start 30 laps**	**Start 30 laps**	**Start 30 laps**	**Start 30 laps**	**Start 30 laps**
28	28	28	28	28	28	28	28	28
26	26	26	26	26	26	26	26	26
24	24	24	24	24	24	24	24	24
22	22	22	22	22	22	22	22	22
20	20	20	20	20	20	20	20	20
18	18	18	18	18	18	18	18	18
16 (800m)	**16 (800m)**	**16 (800m)**	**16 (800m)**	**16 (800m)**	**16 (800m)**	**16 (800m)**	**16 (800m)**	**16 (800m)**
14	14	14	14	14	14	14	14	14
12	12	12	12	12	12	12	12	12
10	10	10	10	10	10	10	10	10
08	08	08	08	08	08	08	08	08
06	06	06	06	06	06	06	06	06
04	04	04	04	04	04	04	04	04
02 (whistle / bell)	02 (whistle / bell)	02 (whistle / bell)	02 (whistle / bell)	02 (whistle / bell)	02 (whistle / bell)	02 (whistle / bell)	02 (whistle / bell)	02 (whistle / bell)
00	00	00	00	00	00	00	00	00

1500 metres	1500 metres	1500 metres	1500 metres	1500 metres	1500 metres	1500 metres	1500 metres	1500 metres
Heat No.								
Start 30 laps	**Start 30 laps**	**Start 30 laps**	**Start 30 laps**	**Start 30 laps**	**Start 30 laps**	**Start 30 laps**	**Start 30 laps**	**Start 30 laps**
28	28	28	28	28	28	28	28	28
26	26	26	26	26	26	26	26	26
24	24	24	24	24	24	24	24	24
22	22	22	22	22	22	22	22	22
20	20	20	20	20	20	20	20	20
18	18	18	18	18	18	18	18	18
16 (800m)	**16 (800m)**	**16 (800m)**	**16 (800m)**	**16 (800m)**	**16 (800m)**	**16 (800m)**	**16 (800m)**	**16 (800m)**
14	14	14	14	14	14	14	14	14
12	12	12	12	12	12	12	12	12
10	10	10	10	10	10	10	10	10
08	08	08	08	08	08	08	08	08
06	06	06	06	06	06	06	06	06
04	04	04	04	04	04	04	04	04
02 (whistle / bell)	02 (whistle / bell)	02 (whistle / bell)	02 (whistle / bell)	02 (whistle / bell)	02 (whistle / bell)	02 (whistle / bell)	02 (whistle / bell)	02 (whistle / bell)
00	00	00	00	00	00	00	00	00