

LAP CHECK-OFF SHEET (1000 YARDS)

EVENT #	LAP	LANE 1	LANE 2	LANE3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
HEAT #	2								
	4								
	6								
	8								
	10								
	12								
	14								
	16								
	18								
	20								
	22								
	24								
	26								
	28								
	30								
	32								
	34								
	36								
	38								
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PLEASE RETURN TO REFEREE

OFFICIALS NAME: _____

REFEREE: _____