

500 Yard Freestyle

Touch	Turn	Yards	Event#:	Heat #:	Event#:	Heat #:	Event#:	Heat #:
2	3	50						
4	5	100						
6	7	150						
8	9	200						
10	11	250						
12	13	300						
14	15	350						
16	17	400						
18		450						
20	Finish	500						
Touch	Turn	Yards	Event#:	Heat #:	Event#:	Heat #:	Event#:	Heat #:
2	3	50						
4	5	100						
6	7	150						
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