

1500m Long Course Lap Card Check Sheet -Turning End

Event		Heat
Distance	Time	Lap
Start		29
100		27
200		25
300		23
400		21
500		19
600		17
700		15
800		13
900		11
1000		9
1100		7
1200		5
1300		3
1400(w)		1
1500		Finish

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