

Countdown sheet for 1500m & 800m races in a 8 Lane 50 metre pool

Long Course Pool – Lap Cards at the Start End

Use by Referees and/or Stroke Judges

1	2	3	4	5	6	7	8	Dist	1	2	3	4	5	6	7	8
30	30	30	30	30	30	30	30	1500	30	30	30	30	30	30	30	30
28	28	28	28	28	28	28	28	1400	28	28	28	28	28	28	28	28
26	26	26	26	26	26	26	26	1300	26	26	26	26	26	26	26	26
24	24	24	24	24	24	24	24	1200	24	24	24	24	24	24	24	24
22	22	22	22	22	22	22	22	1100	22	22	22	22	22	22	22	22
20	20	20	20	20	20	20	20	1000	20	20	20	20	20	20	20	20
18	18	18	18	18	18	18	18	900	18	18	18	18	18	18	18	18
16	16	16	16	16	16	16	16	800	16	16	16	16	16	16	16	16
14	14	14	14	14	14	14	14	700	14	14	14	14	14	14	14	14
12	12	12	12	12	12	12	12	600	12	12	12	12	12	12	12	12
10	10	10	10	10	10	10	10	500	10	10	10	10	10	10	10	10
8	8	8	8	8	8	8	8	400	8	8	8	8	8	8	8	8
6	6	6	6	6	6	6	6	300	6	6	6	6	6	6	6	6
4	4	4	4	4	4	4	4	200	4	4	4	4	4	4	4	4
2	2	2	2	2	2	2	2	Whistle Bell 2 laps plus 5m	2	2	2	2	2	2	2	2
0	0	0	0	0	0	0	0	Finish	0	0	0	0	0	0	0	0