

Long Distance - Lap check sheet odd number of laps at TURNING END - 50M pool

Distance	1500M							800M								Signal
	1500m	1400m	1300m	1200m	1100m	1000m	900m	800m	700m	600m	500m	400m	300m	200m	100m	
Lane 0	29	27	25	23	21	19	17	15	13	11	9	7	5	3	1	Lane 0
Lane 1	29	27	25	23	21	19	17	15	13	11	9	7	5	3	1	Lane 1
Lane 2	29	27	25	23	21	19	17	15	13	11	9	7	5	3	1	Lane 2
Lane 3	29	27	25	23	21	19	17	15	13	11	9	7	5	3	1	Lane 3
Lane 4	29	27	25	23	21	19	17	15	13	11	9	7	5	3	1	Lane 4
Lane 5	29	27	25	23	21	19	17	15	13	11	9	7	5	3	1	Lane 5
Lane 6	29	27	25	23	21	19	17	15	13	11	9	7	5	3	1	Lane 6
Lane 7	29	27	25	23	21	19	17	15	13	11	9	7	5	3	1	Lane 7
Lane 8	29	27	25	23	21	19	17	15	13	11	9	7	5	3	1	Lane 8
Lane 9	29	27	25	23	21	19	17	15	13	11	9	7	5	3	1	Lane 9

Distance	1500M							800M								Signal
	1500m	1400m	1300m	1200m	1100m	1000m	900m	800m	700m	600m	500m	400m	300m	200m	100m	
Lane 0	29	27	25	23	21	19	17	15	13	11	9	7	5	3	1	Lane 0
Lane 1	29	27	25	23	21	19	17	15	13	11	9	7	5	3	1	Lane 1
Lane 2	29	27	25	23	21	19	17	15	13	11	9	7	5	3	1	Lane 2
Lane 3	29	27	25	23	21	19	17	15	13	11	9	7	5	3	1	Lane 3
Lane 4	29	27	25	23	21	19	17	15	13	11	9	7	5	3	1	Lane 4
Lane 5	29	27	25	23	21	19	17	15	13	11	9	7	5	3	1	Lane 5
Lane 6	29	27	25	23	21	19	17	15	13	11	9	7	5	3	1	Lane 6
Lane 7	29	27	25	23	21	19	17	15	13	11	9	7	5	3	1	Lane 7
Lane 8	29	27	25	23	21	19	17	15	13	11	9	7	5	3	1	Lane 8
Lane 9	29	27	25	23	21	19	17	15	13	11	9	7	5	3	1	Lane 9