COUNTIES MANUKAU SWIMMING

1500 / 800 METRE LAP CHART

Lanes 8 > 1

DISTANCE TO SWIM									LAP COUNTER
1500	LANE 8	LANE 7	LANE 6	LANE 5	LANE 4	LANE 3	LANE 2	LANE 1	59
1450									57
1400									55
1350									53
1300									51
1250									49
1200									47
1150									45
1100									43
1050									41
1000									39
950									37
900									35
850									33
800									31
750									29
700									27
650									25
600									23
550									21
500									19
450									17
400									15
350									13
300									11
250									9
200									7
150									5
100									3
50									1