

Across the Board--Meters

Event:							
Lap #	Meters	Heat #	Heat #	Heat #	Heat #	Heat #	Heat #
2	100						
4	200						
6	300						
8	400						
10	500						
12	600						
Beep	700						
16	800						
18	900						
20	1000						
22	1100						
24	1200						
26	1300						
Beep	1400						
30	1500						

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