

Across the Board--Yards

Event:							
Lap #	Yards	Heat #	Heat #	Heat #	Heat #	Heat #	Heat #
2	50						
4	100						
6	150						
8	200						
10	250						
12	300						
14	350						
16	400						
Beep	450						
20	500						
22	550						
24	600						
26	650						
28	700						
30	750						
32	800						
34	850						
36	900						
Beep	950						
40	1000						
42	1050						
44	1100						
46	1150						
48	1200						
50	1250						
52	1300						
54	1350						
56	1400						
Beep	1450						
60	1500						
62	1550						
Beep	1600						
66	1650						