



1000 M LONG COURSE - SPLITS SHEET

EVENT # _____ HEAT _____ LANE _____

	100		200		300		400
	500		600		700		800
	900 		1000				

EVENT # _____ HEAT _____ LANE _____

	100		200		300		400
	500		600		700		800
	900 		1000				

EVENT # _____ HEAT _____ LANE _____

	100		200		300		400
	500		600		700		800
	900 		1000				