1000 Yard Freestyle																		Bell	
Lane/Lap	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40
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1000 Yard Freestyle																		Bell	
Lane/Lap	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40
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500 Yard Freestyle									Bell	
Lane/Laps	2	4	6	8	10	12	14	16	18	20
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500 Yard Freestyle									Bell	
Lane/Lap	2	4	6	8	10	12	14	16	18	20
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