

Event: 500 Yard swim

Competitor Name: _____

Team Name: _____

Description: Swim 500 yards of any stroke or combination of strokes. This is a timed event. Points will be given at a time-based scale.

Key Fails: Swimmers will fail the station for any of the following...

- Hanging onto the lane line at any time after the clock starts
- Touching the bottom at any time after the clock starts

Point scale:

Time	Points
Under 5:00	25
5:01 to 5:30	24
5:31 to 6:00	23
6:01 to 6:30	22
6:31 to 7:00	21
7:01 to 7:30	20
7:31 to 8:00	19
8:01 to 8:30	18
8:31 to 9:00	17
9:01 to 9:30	16
9:31 to 10:00	15
10:01 to 10:30	14
10:31 to 11:00	13
11:01 to 11:30	12
11:31 to 12:00	11
12:01 to 12:30	10
12:31 to 13:00	9
13:01 to 13:30	8
13:31 to 14:00	7
14:01 to 14:30	6
14:31 to 15:00	5
15:01 to 15:30	4
15:31 to 16:00	3
16:01 to 16:30	2
Over 16:31	1

Time: _____

Points: _____

Judge: _____