

Long Distance Events – Lap Counter



First time swimming long distance events: here are some tips

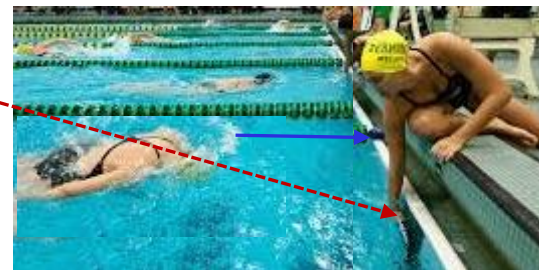
- Most meets require you to provide 1 or 2 timers and appoint a lap counter, so plan ahead to get helps!

How to use a lap counter?

- A swim lap counter is a flip board that has numbers on **left side with 1,2,3,4,5,6** and **right side with 1,3,5,7,9**
- there is no zero, and with red on both sides.
- Start with # 1 (**but only need to put counter in water at #3**), and follow the number until the last one flip to all **red** (no #s)
- Place the lap counter at the opposite corner of where swimmer is going to flip turn
- Don't pull counter out before swimmer finish flip turn and pushes off into streamline
- Only shake the counter if needing to signal swimmer:
 - “up and down” is faster kick, “side to side” is faster tempo
 - Stop the shaking when swimmer approaches closer to avoid create turbulence that slows down swimmer speech
- Grab one to flip around if this is your very first time, it can be confusing!
- Be prepared to get WET



Lap counter with pole



Lap counter



Caution! I have seen others
flip the wrong side that
display **31** instead of 13

1000Y FR	Lap counter #
25	1
75	3
125	5
175	7
225	9
275	11
325	13
375	15
425	17
475	19
525	21
575	23
625	25
675	27
725	29
775	31
825	33
875	35
925	37
975	

1650Y FR	Lap counter #
25	1
75	3
125	5
175	7
225	9
275	11
325	13
375	15
425	17
475	19
525	21
575	23
625	25
675	27
725	29
775	31
825	33
875	35
925	37
975	39

1025	41
1075	43
1125	45
1175	47
1225	49
1275	51
1325	53
1375	55
1425	57
1475	59
1525	61
1575	63
1625	

Long Course:
no lap counter on 400 Meter Free

800M FR	Lap counter #
50	1
150	3
250	5
350	7
450	9
550	11
650	13
750	15

1500M FR	Lap counter #
50	1
150	3
250	5
350	7
450	9
550	11
650	13
750	15
850	17
950	19
1050	21
1150	23
1250	25
1350	27
1450	

Last # flip to all red so
swimmer know is about
done and can use up all
the gas in the tank!



500Y FR	Lap counter #
25	1
75	3
125	5
175	7
225	9
275	11
325	13
375	15
425	17
475	