

Lap Counting Worksheet

For each length of the pool swam, mark through a square.
A simpler alternative is to stand at one end of the pool and mark through 2 two squares as the swimmer completes every other lap.



Name:

Goal:

1	2	3	4	5	6	7	8	9	0	10
1	2	3	4	5	6	7	8	9	0	20
1	2	3	4	5	6	7	8	9	0	30
1	2	3	4	5	6	7	8	9	0	40
1	2	3	4	5	6	7	8	9	0	50
1	2	3	4	5	6	7	8	9	0	60
1	2	3	4	5	6	7	8	9	0	70
1	2	3	4	5	6	7	8	9	0	80
1	2	3	4	5	6	7	8	9	0	90
1	2	3	4	5	6	7	8	9	0	100
1	2	3	4	5	6	7	8	9	0	110
1	2	3	4	5	6	7	8	9	0	120
1	2	3	4	5	6	7	8	9	0	130
1	2	3	4	5	6	7	8	9	0	140
1	2	3	4	5	6	7	8	9	0	150
1	2	3	4	5	6	7	8	9	0	160
1	2	3	4	5	6	7	8	9	0	170
1	2	3	4	5	6	7	8	9	0	180
1	2	3	4	5	6	7	8	9	0	190
1	2	3	4	5	6	7	8	9	0	200

Name:

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1	2	3	4	5	6	7	8	9	0	10
1	2	3	4	5	6	7	8	9	0	20
1	2	3	4	5	6	7	8	9	0	30
1	2	3	4	5	6	7	8	9	0	40
1	2	3	4	5	6	7	8	9	0	50
1	2	3	4	5	6	7	8	9	0	60
1	2	3	4	5	6	7	8	9	0	70
1	2	3	4	5	6	7	8	9	0	80
1	2	3	4	5	6	7	8	9	0	90
1	2	3	4	5	6	7	8	9	0	100
1	2	3	4	5	6	7	8	9	0	110
1	2	3	4	5	6	7	8	9	0	120
1	2	3	4	5	6	7	8	9	0	130
1	2	3	4	5	6	7	8	9	0	140
1	2	3	4	5	6	7	8	9	0	150
1	2	3	4	5	6	7	8	9	0	160
1	2	3	4	5	6	7	8	9	0	170
1	2	3	4	5	6	7	8	9	0	180
1	2	3	4	5	6	7	8	9	0	190
1	2	3	4	5	6	7	8	9	0	200

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1	2	3	4	5	6	7	8	9	0	10
1	2	3	4	5	6	7	8	9	0	20
1	2	3	4	5	6	7	8	9	0	30
1	2	3	4	5	6	7	8	9	0	40
1	2	3	4	5	6	7	8	9	0	50
1	2	3	4	5	6	7	8	9	0	60
1	2	3	4	5	6	7	8	9	0	70
1	2	3	4	5	6	7	8	9	0	80
1	2	3	4	5	6	7	8	9	0	90
1	2	3	4	5	6	7	8	9	0	100
1	2	3	4	5	6	7	8	9	0	110
1	2	3	4	5	6	7	8	9	0	120
1	2	3	4	5	6	7	8	9	0	130
1	2	3	4	5	6	7	8	9	0	140
1	2	3	4	5	6	7	8	9	0	150
1	2	3	4	5	6	7	8	9	0	160
1	2	3	4	5	6	7	8	9	0	170
1	2	3	4	5	6	7	8	9	0	180
1	2	3	4	5	6	7	8	9	0	190
1	2	3	4	5	6	7	8	9	0	200

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Goal:

1	2	3	4	5	6	7	8	9	0	10
1	2	3	4	5	6	7	8	9	0	20
1	2	3	4	5	6	7	8	9	0	30
1	2	3	4	5	6	7	8	9	0	40
1	2	3	4	5	6	7	8	9	0	50
1	2	3	4	5	6	7	8	9	0	60
1	2	3	4	5	6	7	8	9	0	70
1	2	3	4	5	6	7	8	9	0	80
1	2	3	4	5	6	7	8	9	0	90
1	2	3	4	5	6	7	8	9	0	100

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1	2	3	4	5	6	7	8	9	0	10
1	2	3	4	5	6	7	8	9	0	20
1	2	3	4	5	6	7	8	9	0	30
1	2	3	4	5	6	7	8	9	0	40
1	2	3	4	5	6	7	8	9	0	50
1	2	3	4	5	6	7	8	9	0	60
1	2	3	4	5	6	7	8	9	0	70
1	2	3	4	5	6	7	8	9	0	80
1	2	3	4	5	6	7	8	9	0	90
1	2	3	4	5	6	7	8	9	0	100

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1	2	3	4	5	6	7	8	9	0	10
1	2	3	4	5	6	7	8	9	0	20
1	2	3	4	5	6	7	8	9	0	30
1	2	3	4	5	6	7	8	9	0	40
1	2	3	4	5	6	7	8	9	0	50
1	2	3	4	5	6	7	8	9	0	60
1	2	3	4	5	6	7	8	9	0	70
1	2	3	4	5	6	7	8	9	0	80
1	2	3	4	5	6	7	8	9	0	90
1	2	3	4	5	6	7	8	9	0	100

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1	2	3	4	5	6	7	8	9	0	30
1	2	3	4	5	6	7	8	9	0	40
1	2	3	4	5	6	7	8	9	0	50
1	2	3	4	5	6	7	8	9	0	60
1	2	3	4	5	6	7	8	9	0	70
1	2	3	4	5	6	7	8	9	0	80
1	2	3	4	5	6	7	8	9	0	90
1	2	3	4	5	6	7	8	9	0	100

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1	2	3	4	5	6	7	8	9	0	30
1	2	3	4	5	6	7	8	9	0	40
1	2	3	4	5	6	7	8	9	0	50
1	2	3	4	5	6	7	8	9	0	60
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1	2	3	4	5	6	7	8	9	0	80
1	2	3	4	5	6	7	8	9	0	90
1	2	3	4	5	6	7	8	9	0	100

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1	2	3	4	5	6	7	8	9	0	40
1	2	3	4	5	6	7	8	9	0	50
1	2	3	4	5	6	7	8	9	0	60
1	2	3	4	5	6	7	8	9	0	70
1	2	3	4	5	6	7	8	9	0	80
1	2	3	4	5	6	7	8	9	0	90
1	2	3	4	5	6	7	8	9	0	100