

LAP SCORING SHEET - 10,000 METERS ON A 400 METRE TRACK (25 LAPS EXACTLY)

Dist. Completed		400	800	1200	1600	2000	2400	2800	3200	3600	4000	4400	4800	5200
Laps Completed		1	2	3	4	5	6	7	8	9	10	11	12	13
LAPS TO GO:		24	23	22	21	20	19	18	17	16	15	14	13	12

Athlete																			
<small>Bib #, Hip #, Top Colour, Bottom Colour</small>	Elapsed Time																		
	Time / Lap																		
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<small>Bib #, Hip #, Top Colour, Bottom Colour</small>	Elapsed Time																		
	Time / Lap																		

Dist. Completed		5600	6000	6400	6800	7200	7600	8000	8400	8800	9200	9600	10000	
Laps Completed		14	15	16	17	18	19	20	21	22	23	24	25	
LAPS TO GO:		11	10	9	8	7	6	5	4	3	2	1	0 / Finish Time	

Athlete																			
<small>Bib #, Hip #, Top Colour, Bottom Colour</small>	Elapsed Time																		
	Time / Lap																		
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	Time / Lap																		
<small>Bib #, Hip #, Top Colour, Bottom Colour</small>	Elapsed Time																		
	Time / Lap																		

Get a good look at your athletes before the race starts & fill in the info under the "Athlete " column.

<small>Bib #, Hip #, Top Colour, Bottom Colour</small>														
DATE: _____		EVENT NO. _____			LAP COUNTER NAME _____				SIGNATURE _____					