

LAP SCORING SHEET - 3,000 METERS ON A 400 METRE TRACK (7.5 LAPS)

Dist. Completed		200	600	1,000	1,400	1,800	2,200	2,600	3,000
Laps Completed		0.5	1.5	2.5	3.5	4.5	5.5	6.5	7.5
LAPS TO GO:		7	6	5	4	3	2	1	0 /Finish Time

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

Bib #, Hip #, Top Colour, Bottom Colour									
Elapsed Time									
Time / Lap									

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Elapsed Time									
Time / Lap									

Bib #, Hip #, Top Colour, Bottom Colour									
Elapsed Time									
Time / Lap									

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

DATE: _____	Event: _____	Gender: _____	Official Name & Number: _____
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