

## LAP SCORING SHEET - 5,000 METERS ON A 400 METRE TRACK (12.5 LAPS )

Dist. Completed		200	600	1,000	1,400	1,800	2,200	2,600	3,000	3,400	3,800	4,200	4,600	5,000
Laps Completed		0.5	1.5	2.5	3.5	4.5	5.5	6.5	7.5	8.5	9.5	10.5	11.5	12.5
<b>LAPS TO GO:</b>		<b>12</b>	<b>11</b>	<b>10</b>	<b>9</b>	<b>8</b>	<b>7</b>	<b>6</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>0 /Finish Time</b>
<b>Athlete</b>														
Bib #, Hip #, Top Colour, Bottom Colour														
	<b>Elapsed Time</b>													
	<b>Time / Lap</b>													
Bib #, Hip #, Top Colour, Bottom Colour														
	<b>Elapsed Time</b>													
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Bib #, Hip #, Top Colour, Bottom Colour														
	<b>Elapsed Time</b>													
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Bib #, Hip #, Top Colour, Bottom Colour														
	<b>Elapsed Time</b>													
	<b>Time / Lap</b>													
Get a good look at your athletes before the race starts & fill in the info under the "Athlete " column.														
<b>DATE:</b> _____	<b>EVENT NO.</b> _____	<b>LAP COUNTER NAME</b> _____							<b>SIGNATUURE</b> _____					