

USATF OFFICIALS BEST PRACTICES

LAP SCORING SHEET - 10,000 METERS ON A 400 METER 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													
Bib #, Hip #, Top Color, Bottom Color	Elapsed Time												
	Time / Lap												

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

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

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

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

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

Bib #, Hip #, Top Color, Bottom Color	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 NO. _____ LAP COUNTER NAME _____ SIGNATURE _____

Note: 10,000 meters = 6.21 miles; = 10,936.13 yards; = 32,808.40 feet; 6 miles, 376 yards, 4.8 inches