

USATF OFFICIALS BEST PRACTICES

LAP SCORING SHEET - 3,000 METERS ON A 400 METER 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 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: _____	Gender: _____	Official Name & Number: _____						