

USATF OFFICIALS BEST PRACTICES

LAP SCORING SHEET - 5,000 METERS ON A 400 METER 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
LAPS TO GO:		12	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 _____	SIGNATUURE _____											