LAP SCORING

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This manual is part of the USATF National Officials Monograph Series on how to officiate. Each monograph covers the various techniques for each officiating assignment. These monographs are intended for more in depth understanding of each job. They are intended for both the novice and seasoned official. They cover the real details of the job and how it should be performed. They summarize various techniques to accomplish the job. These monographs can be copied and used for officials training only.

USATF National Officials Committee Training Monograph Series

INDEX

Title	Page
Introduction & History	1
Applicable Rules	1
Lap Scoring Techniques	2
Lap Scoring Duties	3
Lap Counting Checklist	4
Sample Instructions for Lap Scorers	5
Figures	7

Lap Scoring

Introduction and History

Lap scoring is an important but often forgotten or undeveloped skill. It is often assigned to anyone working the finish line without much explanation or training. Although it can be simple if done correctly, it can be easily done wrong with significant consequences. The rulebooks don't have many details on the official position of Lap Scorer. But it is used in all of the disciplines of athletics. Until the last 35 years or so how lap counting was done was totally dependent on official assigned. Many were not properly prepared to do the required job. It was an after thought. Thus knowing the number of laps that an athlete had completed or had remaining was sometimes a mystery even to the official who was suppose to be counting them. This was true even at the highest level meets through the years; i.e., conference champions, the National Championships and even the Olympic Games. Some officials feel this job is below them or that it wasn't important but it is critical, particularly for races where several competitors are lapped or where there are 4 or more laps in the race. For those that want to get into the details and the history there is a very good monograph written in 1995 by Jim Hanley of the Southern California Association entitled Lap Counting. In fact the portable lap counter device seen on most tracks, according to Jim, was first used at the 1932 Olympic Games in Los Angeles.

The primary problem with lap scoring as it was practiced until the 1960s was that it required the scorer to maintain a high level of attention during the whole race. Being distracted probably meant that you might miss a lap. If the laps for only the leader were being recorded then there could be a problem with other places particularly, for lapped competitors. With advent of video cameras in the 70's it became possible to film the whole race so that the video could be checked for missed laps. However that process is slow and tedious and was rarely used. Another problem was that various runners may be lapped more than one time or they might unlapped themselves in very long races, like the hour, two hour or 24 hour runs. This is particularly true at NCAA meets when two or more distance races or the men's and the women's long distance races are combined or a race with mixed abilities as the Special Olympics. As a result of frustration with the errors by officials in race walking events when he competed in the 1960s, Hanley develop his own lap form which, for the first time, included the Laps to Go as well as the Laps done and the approximate time each lap was completed. This is the system that I recommend you use. I have used it extensively and find it the most forgiving because it allows you to check yourself during the progress of the race so that any discrepancy can be corrected before the race is over.

APPLICABLE RULES:

NCAA RULE 3-18

A lap counter(s) shall be appointed to notify each competitor of the number of laps that still need to be completed. Adequate lap counters must be provided to accurately count laps for all runners in distance races. The start of the final lap shall be signaled by firing of a gun or the ringing of a bell.

IAAF RULE 131

Lap Scorers

1. Lap Scorers shall keep a record of the laps completed by all competitors in races longer than 1500m. For races of 5000m and longer, and for Race Walking events, a number of Lap Scorers under the direction of the Referee shall be appointed and provided with lap scoring cards on which they shall record the times over each lap (as given to them by an Official Timekeeper) of the competitors for whom they are responsible. When such a system is used, no Lap Scorer should record more than four competitors (six for Race Walking events). Instead of manual lap scoring, a computerized system, which may involve a chip carried by each athlete, may be used.

2. One Lap Scorer shall be responsible for maintaining, at the finish line, a display of the laps remaining. The display shall be changed each lap when the leader enters the straight that ends at the finish line. In

addition, manual indication shall be given, when appropriate, to competitors who have been, or are about to be lapped. The final lap shall be signaled to each competitor, usually by ringing a bell.

USATF RULE 131
LAP SCORERS

1. Lap Scorers shall keep a record of the laps covered by each competitor in races longer than one mile. For races of 3 miles and over (3000 meters and over in indoor races), Lap Scorers shall also record on their lap scoring cards the times over each lap (as given them by an Official Timer) of the competitors for whom they are responsible. No Lap Scorer shall be responsible for more than four competitors (six in the case of walking events and ultramarathons).
2. One lap scorer shall be responsible for maintaining at the finish line a display of the laps remaining. The display shall be changed each lap when the leader enters the straight that ends at the finish line. In addition, manual indications shall be given, when appropriate, to competitors who have been, or are about to be, lapped. The final lap shall be signaled to each competitor, usually by ringing a bell.
3. Transponder systems complying with Rule 165.16 may be used for lap scoring.

Transponders: Rule 165.16
Note for lap scoring only sections a, c, d, and e are necessary but the whole rule is included so there is no confusion.
16. The use of transponder timing systems in race walking events not held entirely within a stadium, road, and cross country races are permitted provided that:
   (a) the system requires no action by the runner during the competition, at the finish line, or during any finish line or results related system or process;
   (b) the resolution is 0.1 second (*i.e.,* it can separate runners finishing 0.1 second apart);
   (c) the weight of the transponder and its housing carried on the runners' uniform, race number or shoe is not significant;
   (d) none of the equipment used at the start, along the course or at the finish line constitutes a significant obstacle or barrier to the progress of the runner;
   (e) the system, including the implementation of its components and its technical specifications, is approved by the finish line subcommittee of the Road Running Technical Council;
   (f) the system is started in accordance with Rule 245.2 (has to do with timing of road races);
   (g) the determination of the official winning time is in accordance with Rule 165.4; and
   (h) times for other competitors will be adjusted, based on the official winning time.

LAP SCORING TECHNIQUES

The most common system I see used counts of the number of laps for the leader via the lap counter and then mentally or on paper keep accounts for who has been lapped. If there is significant lapping or many runners, it is difficult to keep up and be able to be certain what lap a lapped runner is on particularly if you're the only lap counter. If in addition, as is often the case, the same official needs to operate the lap board and tell each runner his or her laps to go, you can see how that official quickly can very easily hit overload in a 25 lap 10,000 meter race. It can become even more of a challenge if the lead runner drops out or significantly slows so that several runners then pass him. Thus just using your memory or some simple counting system is fraught with problems.

The best hand system is to record a time for each athlete for each lap completed. It allows confirmation that a lap is not missed assuming the athlete does not stop on the track, which is not normally the case in most of the more common track races. However, it can be a problem for longer road or track races that go on more than an hour or where time between laps is more than a few minutes. For races longer than 10,000 m or hour runs it is essential to have lap times for each lap. The times recorded need not be exact since you are using them only for verification that a lap was completed. Likewise by having the form show both laps completed and laps to go, the system becomes more easily understood by most officials. If a lap counter is only recording for a few runners then they have time to verify the number of

laps by calculating the time interval for each lap by subtracting the each subsequent time. A fairly uniform or slowing pace for each lap confirms that none have been missed. In fact using the average or the last lap time, they can even predict about when to expect each runner for the next lap and when they should be finishing. This allows the lap counter to understand where his or her athlete is in the race. Some officials insist on using check marks rather than times. This is slightly better than keeping it in you head but if you miss someone or someone unlaps themselves you may assume in error that they have be lapped rather than unlapped and not put a check mark for them. The use of check marks defeats the purpose of a full proof lap scoring system, because if you miss a lap there is no way to confirm it. Any counting system without times has this as an inherent limitation. It is true that this problem is less likely to occur if you limit the number of runners or walkers being observed by a single lap scorer to 4 or less. Table 1 is an example of a complete form. Note I have added an additional row for each athlete where the individual lap times may be recorded.

Lap scoring can be help by having numbers on competitors. Without them the chance for error is significantly higher. But if the race numbers have more than two digits then errors will occur as you try to write and read at the same time, particularly when there is a pack of athletes. The more the digits the harder it is. This can be helped by using a tape recorder and later transposing the numbers or by having one person read the numbers and the other record them. Using hip numbers (maximum of two digits) and having them on both sides for the finish system as well as on the jersey can be of great help. Sometime hip numbers are used on front and back as well as both sides. The extra numbers are particular helpful when competition numbers have three or more digits or when one or more of the hip numbers comes off or is obscured. Certainly familiarity with the athletes helps but that can't always be counted on and rarely do you know every athlete. I recommend use of hip numbers on the jersey and on the side the lap scorer will be located for races with more than 8 laps, or long intervals for each lap even if the race won't be electronically timed. If you have both hip and competitor numbers make sure you have both recorded for cross reference.

When numbers come off it is important to record the school or color of the person without a number for the electronic timer. It is the only sure way to make sure the right time gets with the right athlete.

Another technique just now being incorporated into both the USATF and IAAF rules is use of the road racing chip system. It would given on line and accurate splits for each race as well as allow for easy review of how many laps each participant has completed.

A slightly less sophisticated system and therefore a slightly less accurate system is to record all the numbers of all the racers as they come around each lap. This is usually not possible during the first lap or two until they spread out enough. This allows you to keep track of laps and the order but can get confusing when in one race I had people on 5 different laps coming across the start finish line at one time. Using such a system it is important to circle or otherwise indicate when an athlete retires from the race. The score card after the race would look like Table 2. Another alternative is that you can keep track of the last few runners and particularly all runners that have been lapped so that you know who has more laps to go after the winner and those on the same lap have finished. Using this system you know how many times the last runners have been lapped and you know when you have a finisher coming in. See Table 3 for an example of scoring using this system.

The lap scorer must know when his or her athlete is finishing. Because even with a FinishLynx system, someone has to tell the operator who is a finisher and who is not. They mostly likely will catch everyone crossing the line but they can't tell a finisher from a non-finisher and often cannot read the hip number because it has fallen off.

LAP SCORING DUTIES

Every competitor is entitled to an accurate time and place. Any imposed time limit used to determine those permitted to finish on the track should consider weather conditions and the equal importance of this event to all other track and field events. Therefore, to ensure the complete accuracy of all results and

protect the integrity of any record performances, each competitor should be assigned to a person who is responsible for noting the split time for each completed complete. Lap scorers are assigned for races of 1500 or more and are required for all races greater than four laps and recommended for all walking events. A special lap scorer should also be assigned to communicate the *laps to go* to the competitors. The Special Lap Scorer (or her/his designee) shall indicate the final lap of the race for each competitor by ringing a bell. The Special Lap Scorer shall call out the order of finish to assist the Finish Judges and Timers identifying assigned placers and the electronic timing operator. Times for each lap are required by USATF for all races over three miles or 3000 m indoors.

Lap scoring is particularly important for age grouped competitions where age-best or age group records may be established. Each lap scorer should be assigned to no more than four competitors for track events (ideally two) and six for road events; e.g. Race Walks of 20 kilometers or greater and Ultra-marathons. Each scorer should use a sheet listing the name and number of every assigned competitor. Instructions for lap counting and intermediate timing sheets used for lap verification are shown in Figures 4 through 6 for varying distances. These sheets provide an easy method for tracking the laps completed, distance completed, the laps to go, total time when lap is completed and a space for calculating the elapsed time for each lap. Immediately after assigned competitors' times have been recorded, lap splits should be checked to assure that no laps have been missed. The coordinator of this area should have a set of binoculars to help identify the location of competitors. In a large race the coordinator may calmly overseeing the work of the 20-30 Lap Scorers. The Chief should also maintain his/her own listing of the laps of at least the top ten competitors. The requirements for record performances are define by the applicable rulebooks.

Each lap scorer should be provided with a seat, a pencil, lap sheets and a clipboard. Ideally, lap scorers should have a table to facilitate recording times and laps particularly for road races. An approach that has worked well is to place these persons on risers wide enough for tables and a supervisor to move behind the seated personnel to check the sheets to ensure their accuracy. The supervisor should bring a small pencil sharpener. All lap scorers/split timers should have clear visibility of the competitors they are responsible for recording and timing.

Ideally, time reference is displayed on a large digital clock visible to both competitors and the Lap Scorers. For track races this is done at the start finish line. For road races it is at the location of an even thousand meters mark (i.e., 1000, 3000, 5000 meter mark or 2000, 4000, 6000 meter mark.) or at the start or finish of a lap of the course. This approach reduces errors and provides clock times that make sense to competitors. It allows Lap Scorers to verify that laps correspond to times. A "*laps to go"* board with large numbers is also needed in many races, for competitors' viewing. For major events, a video camera and tape recorder can also help to provide a *fail-safe* verification that an athlete has gone the correct number of laps. Having the approximate lap times allows for a more efficient review of the tape for a given runner or walker.

For non-stadium lap races it is important to remember to keep the lap scorer or the head lap scorer in the communication loop if an athlete is disqualifies or drops out of the race. This allows closure for that athlete and avoids the lap scorer from spending time trying to find that athlete or worrying about whether the lap scorer missed the athlete on that round.

Following the race a head or chief lap scorer should gather the lap sheets and turn in a complete packet to the competition secretary at the results area for announcing, scoring and filing. It is vital that the lap sheets recorded for each competitor be submitted as part of the final results to provide a complete written record of the event should an age group or other record later require this documentation.

LAP COUNTING CHECKLIST

— Entry and lap counting sheets should be set up as soon as entries are closed. Usually this is the day before, last minute entries should be verified by the head lap counter (who makes sure a lap counter is assigned to each entry)

— Lap splits taken on each competitor and on each lap
— Lap counter to call out laps to go along with a recorder to confirm leader's lap count
— Numbers are to be worn front and back of singlet with enough pins with men's and women's numbers designated differently
— Prior to the start process introduce the lap counters to the athletes they are assigned to track – to confirm faces with numbers and uniforms
— Lap counting/timing sheets with no more than 6 athletes per counter for roads and no more than 3 per counter for track competitions. Have extras.
— Adequate scotch tape, pencils, clipboards, box of paper clips and stapler.
— For races using multiples of a closed loop course, lap sheets should also be signed and sent.
Should a possible record performance be made, the timers, starter, and select timing teams should remain available to the race director until all the basic paperwork is completed.

Sample Instructions
GENERAL SPLIT TIMER/LAP COUNTER INSTRUCTIONS

Task: Your job is to note for each competitor who you are assigned to follow his/her accumulated race time for each completed lap. This time is recorded each time that competitor crosses the Finish Line. Each lap sheet offers a place in the *"Event Time"* column to record this lap split. *Laps/Distance Completed* and *Laps to Go* columns are provided for reference. Check your *"Laps to Go"* with the posted laps to go EACH lap.

Thank you for assisting in this important officiating task. Securing an accurate accounting of the lap splits for each competitor is important since it is required documentation to support any application for U.S. or World Best mark for both single age and age category record performances. Please remember that your primary task is to record every assigned split, not to become a race spectator or to be distracted by anything that happens. If you miss a split, do not let that distract you from getting all of the rest correctly recorded. If you miss one and know the approximate time enter it; otherwise just leave the space blank. Note that it is an estimate.

The following instructions are offered to assist you with this task.
1. **Identify Your Assigned Competitors:** You will be assigned no more than three competitors to follow and record their lap split times. As the competitors are placed on the Start Line prior to the start of the race, walk over and visually identify each assigned competitor and write his/her uniform description in the appropriate box on the form.

2. **Location:** Position yourself just short of the Finish Line so that you can see each competitor's race time (on the large clock) as she/he completes the lap by crossing the Finish Line. Record this accumulated time in the *"Event Time"* column box for that completed lap.

3. **If You Miss A Competitor:** Please make every attempt to record the completed lap split of every assigned competitor for every lap. If you miss a competitor, redouble your efforts to get an accurate split the next time that competitor crosses the line. After the race, estimate the missing split by the averaging the splits that you did record. Do not dwell on the mistake; often it is not possible in a tightly bunched race to see everyone. Remaining alert, use your best judgment.

4. **After the Race is Completed:** Once all of your assigned competitors have finished, review your forms and make sure that no split boxes are left blank. Your supervisor will inform you if one of your competitors has dropped out or has been disqualified. If this happens, please mark this on the sheet. Then turn your sheets into your supervisor and prepare for the next event.

If you have any questions, do not hesitate to ask your supervisor or the Walks Referee.
Again, thank you for your serious attention to this important task!

Instructions: You are to record both each assigned competitor's correct lap and lap splits on the form.

Sample Instructions: 5,000 Meter Track Walk

1. Work as a team with those around you to identify your assigned competitors. If you get confused about laps, check your lap times for consistency and let your supervisor know that there is a problem.
2. You are to record the lap split at your assigned location **for each** competitor assigned to you.
3. Once all of your assigned competitors have finished, turn in your completed lap sheet to the Chief Lap Scorer for review and submission to the appropriate meet officials.

Sample Instructions: 10/20,000 Meter Road Walks Starting in the Stadium

1. Work as a team with those around you to identify your assigned competitors. If you get confused about laps, check your lap times for consistency and let your supervisor know that there is a problem.
2. You are to record the lap split at your assigned location **for each** competitor assigned to you.
3. You need to remember that the competitors complete ___ laps of the track (approximately _____ meters plus) before exiting to the street. This track portion constitutes lap #1.

10K Competitors Starting and/or Finishing on the Track
1. The **competitors** complete _____*full laps on the roads* before being directed back to the stadium for the finish of their **10,000**-meter distance.
2. ***Return to the Stadium:*** Be alert concerning which of your assigned walkers are on their last road lap and need to be directed into the stadium for their finish. You are the person primarily responsible for assuring that each competitor walks the correct number of laps on the road.

20K Competitors Starting in the Stadium
1. Those in the **20K** competition complete ___ *full laps on the roads* before being directed back to the stadium for the finish of their **20,000**-meter distance.
2. ***Return to the Stadium:*** Be alert concerning which of your assigned walkers are on their last road lap and need to be directed into the stadium for their finish. You are the person primarily responsible for assuring that each competitor walks the correct number of laps on the road.
3. Once all of your assigned competitors have finished, turn in your completed lap sheet to the event referee.

Figure 1

Example of Completed Lap Recorder Sheet

Focus on Last 6 Athletes only

Lap	To Go								
1	12	5	9						
2	11	4	5	8	12	9	15		
3	10	4	6	5	8	12	15	9	
4	9	4	6	5	12	8	9	15	DNF
5	8	4	7	8	6	12	5	9	
6	7	4	8	7	6	12	5	9	
7	6	4	8	7	6	12	5	9	
8	5	4	7	8	6	12	9	**5**	
9	4	4	7	8	6	**12**	**5**	**5**	
10	3	4	7	6	**8**	**12**	**5**	**9**	
11	2	4	7	8	6	**12**	**5**	**9**	
12	1	4	7	8	6	**12**	**5**	**<u>9</u>**	2x
Fin	Fin	4	7	6	8	12	5	9	

Note Bold numbers are for those athletes who were lapped. Bold and underline as in Lap 12 indicates a second lapping. Note normally would circle the lapped runners the number of times lapped and box those dropping out or being DQ'd.

Figure 2

Example of Completed Lap Recorder Sheet

Focusing on Top 6 and Last 3 or Lapped Runners

Lap	To Go		Leaders						Lapped/Last		
1	**12**	3	2	6	1	11	10		12		
2	**11**	3	2	1	10	11	6		12		
3	**10**	3	2	1	11	10	13		12		
4	**9**	2	3	1	10	11	13		8		
5	**8**	2	3	3	10	11	11		12		
6	**7**	2	3	3	10	11	13		12		
7	**6**	2	3	10	3	11	14		12		
8	**5**	2	1	3	10	13	14		12	9	**5**
9	**4**	2	1	10	3	13	14		**12**	**5**	**9**
10	**3**	2	1	10	3	13	11		**12**	**5**	**9**
11	**2**	2	1	3	10	13	11		**12**	**5**	**9**
12	**1**	2	1	3	10	13	14	**8**	**12**	**5**	**9**
Fin	**Fin**	1	2	3	4	5	6		12	13	14

Figure 3

Example of Completed Lap Recorder Sheet

Event: Women's 5 Km Semi _#1__   **Date: __06/_15_/_05_**   **Name:** Talbot

5K	LAP	1	2	3	4	5	6	7	8	9	10	11	12 FIN
	TO GO	12	11	10	9	8	7	6	5	4	3	2	1 FIN
3K	LAP	1	2	3	4	5	6	7 FIN					
	TO GO	7	6	5	4	3	2	1 FIN					
2K	LAP	1	2	3	4 FIN								
	TO GO	4	3	2	1 FIN								
NAME Smith	NUMBER 8												
Time:		x	x	x	x	x	x	x	x	DNF			DNF
Lap Time:													
NAME Jones	NUMBER 9												
Time:		x	x	x	x	x	x	x	x	x	x	x	x	4th
Lap Time:													
NAME Tres	NUMBER 10												
Time:		x	x	x	x	x	x	x	x	x	x	x	x	2nd
Lap Time:													
NAME Keys	NUMBER 11												
Time:		x	x	x	x	x	x	x	x	x	x	x	x	7th
Lap Time:													
NAME	NUMBER												
Time:													
Lap Time:													
NAME	NUMBER												
Time:													
Lap Time:													

Figure 4

Split Timer/Lap Recorder Competitors Assignment Sheet

EVENT: _____

START TIME: _____

SPLIT TIMER'S NAME	COMPETITOR'S RACE NUMBER	COMPETITOR'S NAME

1. _____   A. _____   _____
  B. _____   _____
  C. _____   _____

2. _____   A. _____   _____
  B. _____   _____
  C. _____   _____

3. _____   A. _____   _____
  B. _____   _____
  C. _____   _____

4. _____   A. _____   _____
  B. _____   _____
  C. _____   _____

5. _____   A. _____   _____
  B. _____   _____
  C. _____   _____

6. _____   A. _____   _____
  B. _____   _____
  C. _____   _____

7. _____   A. _____   _____
  B. _____   _____
  C. _____   _____

_____   A. _____   _____
  B. _____   _____
  C. _____   _____

Recorders Name: _____

Figure 5
LAP SCORING SHEET - 10,000 METERS

Team or Uniform Colors	Laps/Dist. Completed	Team or Uniform Colors	Laps to Go	Team or Uniform Colors
Competitor's Hip #		Competitor's Hip #		Competitor's Hip #
Competitor's Bib #		Competitor's Bib #		Competitor's Bib #
Event Time	**Start**	**Event Time**	**25**	**Event Time**
	1- 400		24	
	2 - 800		23	
	3 - 1,200		22	
	4 - 1,600		21	
	5 - 2,000		20	
	6 - 2,400		19	
	7 - 2,800		18	
	8 - 3,200		17	
	9 - 3,600		16	
	10 - 4,000		15	
	11 - 4,400		14	
	12 - 4,800		13	
	13 - 5,200		12	
	14 - 5,600		11	
	15 - 6,000		10	
	16 - 6,400		9	
	17 - 6,800		8	
	18 - 7,200		7	
	19 - 7,600		6	
	20 - 8,000		5	
	21 - 8,400		4	
	22 - 8,800		3	
	23 - 9,200		2	
	24 - 9,600		1	
	Finish Time		0	

Event: **Date:**   **Start Time:**

Lap Timer: **Certification Number:**

(Please Print Your Name)

Sheet ___ of ___ Sheets

Figure 6

USA Track & Field -- Event Timing Sheet

EVENT NUMBER	HEAT NO.	DISTANCE					RECORDS
							Stadium:
							U.S.:
							World:

FINISH PLACE	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH
ASSIGNED PLACE:								
1st & 3rd								
1st & 3rd								
1st & 4th								
2nd & 4th								
2nd & 5th								
2nd & 6th								
3rd & 7th								
4th & 8th								
1st & 5th								
FINISH PLACE	9TH	10TH	11TH	12TH	13TH	14TH	15TH	16TH
Timing Machine								
FINISH PLACE	17TH	18TH	19TH	20TH	21ST	22ND	23RD	24TH
Timing Machine								

Lap Scorers Name: _____

N. A. O.C. -- 11/91 -- LGR

Figure 7
Example of a 3 Competitor Lap Scoring Sheet

Use A Pencil Please Print All Information Laps to Go	Competitor's Name Age Group/Gender Uniform Colors Competitor's Bib #		Competitor's Name Age Group/Gender Uniform Colors Competitor's Bib #		Competitor's Name Age Group/Gender Uniform Colors Competitor's Bib #	
Start - 12.5	**EVENT TIME**	Laps/Dist. Completed	**EVENT TIME**	Laps/Dist. Completed	**EVENT TIME**	**Start - 12.5**
12		0.5 -- 200		0.5 -- 200		12
11		1.5 -- 600		1.5 -- 600		11
10		2.5 -- 1,000		2.5 -- 1,000		10
9		3.5 -- 1,400		3.5 -- 1,400		9
8		4.5 -- 1,800		4.5 -- 1,800		8
7		5.5 -- 2,200		5.5 -- 2,200		7
6		6.5 -- 2,600		6.5 -- 2,600		6
5		7.5 -- 3,000		7.5 -- 3,000		5
4		8.5 -- 3,400		8.5 -- 3,400		4
3		9.5 -- 3,800		9.5 -- 3,800		3
2		10.5 -- 4,200		10.5 -- 4,200		2
1		11.5 -- 4,600		11.5 -- 4,600		1
Finish Time		12.5 -- 5,000		12.5 -- 5,000		Finish Time

Timer's initials-under each finish time:

Event: _____   **Heat #:** _____   **Lap Timer:** _____

(Please Print Your Name)

Official's USATF Certification Number (if any): _____

Figure 8 Combined Lap Sheet 2-5 Km

Event:_____   **Date: __/__/_____**   **Lap Scorers Name:**
_   _____

5K	LAP	1	2	3	4	5	6	7	8	9	10	11	12	FIN
	TO GO	12	11	10	9	8	7	6	5	4	3	2	1	FIN
3K	LAP	1	2	3	4	5	6	7 FIN						
	TO GO	7	6	5	4	3	2	1 FIN						
2K	LAP	1	2	3	4 FIN									
	TO GO	4	3	2	1 FIN									
NAME	NUMBER													
Time:														
Lap Time:														
NAME	NUMBER													
Time:														
Lap Time:														
NAME	NUMBER													
Time:														
Lap Time:														
NAME	NUMBER													
Time:														
Lap Time:														
NAME	NUMBER													
Time:														
Lap Time:														
NAME	NUMBER													
Time:														
Lap Time:														

Figure 9 Universal Track Scoring Sheet 2 -10 Km

LAP SCORING SHEET

Event:_____ **Date: ___/___/_____** Lap Scorer's Name:

_____

10 K	LAP	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24 FIN
	TO GO	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1 FIN
5K	LAP	1	2	3	4	5	6	7	8	9	10	11	12 FIN												
	TO GO	12	11	10	9	8	7	6	5	4	3	2	1 FIN												
3K	LAP	1	2	3	4	5	6	7 FIN																	
	TO GO	7	6	5	4	3	2	1 FIN																	
2K	LAP	1	2	3	4 FIN																				
	TO GO	4	3	2	1 FIN																				
NAME	NUM																								
Cum Time																										
Lap Time																										
NAME	NUM																								
Cum Time																										
Lap Time																										
NAME	NUM																								
Cum Time																										
Lap Time																										
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NAME	NUM																								
Cum Time																										
Lap Time																										
NAME	NUM																								
Cum Time																										
Lap Time																										

Figure 10 Universal Track Scoring Sheet 2 -10 Km

LAP SCORING SHEET

Event:____Men's 5 KM Final_____ **Date:** _5_/30_/00____   Lap Scorer's Name: _Thomas_____

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	FIN
10 K	LAP	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	FIN
	TO GO	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	FIN
5K	LAP	1	2	3	4	5	6	7	8	9	10	11	12	FIN												
	TO GO	12	11	10	9	8	7	6	5	4	3	2	1	FIN												
3K	LAP	1	2	3	4	5	6	7	FIN																	
	TO GO	7	6	5	4	3	2	1	FIN																	
2K	LAP	1	2	3	4	FIN																				
	TO GO	4	3	2	1	FIN																				

NAME **Norris**	NUM 102-2														
Cum Time	0:44	1:39	2:34	3:30	4:25	5:21	6:18	7:15	8:13	9:12	10:12	11:10	12:06	
Lap Time		0:55	0:55	0:56	0:55	0:56	0:57	0:57	0:58	0:59	1:00	0:58	0:56	

NAME **Dees**	NUM 546-4														
Cum Time	0:43	1:39	2:34	3:29	4:25	5:21	6:17	7:13	9:07		10:04	11:02	11:56	
Lap Time		0:56	0:55	0:55	0:56	0:56	0:56	0:56	1:54		0:57	0:58	0:54	

NAME **Cole**	NUM 453- 5													
Cum Time	0:45	1:43	2:40	3:37	4:34	5:40	6:36	7:32	8:27	9:23	10:19	11:16	12:11	
Lap Time		0:57	0:57	0:57	0:57	0:56	0:56	0:56	0:55	0:56	0:56	0:57	055	

NAME	NUM													
Cum Time														
Lap Time														

NAME	NUM													
Cum Time														
Lap Time														

NAME	NUM													
Cum Time														
Lap Time														