

NOTES ABOUT THESE FORMS

This file contains a lap scoring sheet for a 20-km race with 10 2-km laps. It includes an exercise to train lap scorers and a separate sheet for the Chief Lap Scorer.

Page 2 is the **Lap Scoring Sheet** for use in the 20-km race on the 2-km course.

Page 3 is an **exercise for training lap scorers**.

Pages 4 and 5 are **answer sheets** for the exercise for training lap scorers.

Page 6 is the Chief Lap Scorer's Sheet.

Page 7 is the answer sheet for the exercise for the Chief Lap Scorer.

Event/location **USATF Open Championships/Sacramento, CA**

EXERCISE FOR LAP SCORERS in a 20-km race

Race starts at 0:00:00.0

Athlete Number	Elapsed Time	Laps to Go
5	7:44	9
4	7:44	9
1	7:45	9
2	8:00	9
3	8:10	9
14	8:23	9
10	8:24	9
11	8:30	9
15	8:31	9
12	8:40	9
13	8:40	9
5	15:27	8
4	15:28	8
1	15:29	8
2	16:00	8
3	16:20	8
14	16:46	8
10	16:48	8
11	17:00	8
15	17:02	8
12	17:20	8
13	17:22	8
5	23:12	7
4	23:13	7
1	23:14	7
2	24:00	7
3	24:30	7
14	25:09	7
10	25:12	7
15	25:29	7
11	25:30	7
12	26:00	7
13	26:00	7
5	30:56	6
4	30:57	6
1	30:58	6
2	32:00	6
3	32:40	6
14	33:32	6
10	33:36	6
15	33:59	6
11	34:00	6
12	34:40	6
13	34:42	6
1	38:43	5
4	38:57	5
5	39:00	5
2	40:00	5
3	40:50	5
14	41:55	5
10	42:00	5
15	42:29	5
11	42:30	5
12	43:20	5
13	43:20	5

Athlete Number	Elapsed Time	Laps to Go	Notes
1	46:27	4	
4	47:07	4	
5	47:10	4	
2	48:00	4	
3	49:00	4	
1424	50:24	4	hip number fell off
14	50:30	4	
11	51:00	4	
15	51:01	4	
		4	missed Athlete #12 (should have been at 52:00); skip when reading times
13	52:30	4	
1	54:12	3	
4	55:27	3	
5	55:30	3	
2	56:00	3	
3	57:10	3	
1424	58:48	3	
14	59:15	3	
11	59:30	3	
15	59:32	3	
12	1:00:40	3	
1	1:01:56	2	
13	1:01:59	3	(lapped); circle on sheet to highlight this
4	1:03:57	2	
1419	1:04:00	2	hip number fell off
2	1:04:00	2	
3	1:05:20	2	
1424	1:07:12	2	
		2	Athlete #14 DNF - skip when reading the times
11	1:08:00	2	
		2	missed Athlete #15 (should have been at ~1:08:04); skip when reading
12	1:09:20	2	
13	1:09:39	2	unlapped
1	1:09:41	1	
2	1:12:00	1	
4	1:12:42	1	
1419	1:12:45	1	
3	1:13:30	1	
1424	1:15:36	1	
		1	
11	1:16:30	1	
15	1:16:34	1	
1	1:17:26		FINISHER
12	1:18:00	1	(lapped); circle on sheet to highlight this
13	1:18:19	1	(lapped); circle on sheet to highlight this
2	1:20:00		FINISHER
3	1:21:40		FINISHER
4	1:22:01		FINISHER
1419	1:22:05		FINISHER
1424	1:24:00		FINISHER
11	1:24:47		FINISHER
15	1:24:50		FINISHER
12	1:26:40		FINISHER
13	1:26:59		FINISHER

NOTES TO INSTRUCTOR:

In this exercise, have the lap scorers use the "LAP SCORING SHEET for 10 laps @ 2 km"

Assign 3 or 4 athletes to most lap scorers.

Read Athlete Numbers and Times in sequence.

Have each lap scorer take either Athlete 12 or 15, to practice missed times.

Have each lap scorer take either Athlete 5 or 10, to practice dropped hip numbers.

Have each lap scorer take Athlete 14, to practice not finishing the race.

Some options for lap scorers to practice -

Lap scorers A through R

Athlete Numbers (1-5 & 10-15)

A	5	12	14			
B	10	12	14			
C	5	14	15			
D	10	14	15			
E	1	5	12	14		
F	2	10	14	15		
G	3	5	12	14		
H	4	10	14	15		
I	5	11	12	14		
J	10	13	14	15		
K	1	3	5	11	14	15
L	2	4	10	12	13	14
M	5	11	14	15		
N	1	10	12	14		
O	2	5	14	15		
P	3	10	12	14		
Q	4	5	14	15		
R	5	13	14	15		

Inform lap scorers about the athletes' numbers and uniforms:

Athlete #1415 = Hip #1 = red Top & black Shorts
 #1416 = Hip #2 = blu T, blk S, wh Shoes
 #1417 = Hip #3 = blu T, blk S, grn Shoes
 #1418 = Hip #4 = red T & S
 #1419 = Hip #5 = blu T & S
 #1424 = Hip #10 = pink T, blk S
 #1425 = Hip #11 = yel T, blk S
 #1426 = Hip #12 = blk T & S
 #1427 = Hip #13 = grn T, blk S
 #1428 = Hip #14 = org T & S
 #1429 = Hip #15 = grn T & S

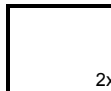
Elapsed time at start = 0:00:00

Official's Name Lilly Weiss Official's Number 026023 Signature Lilly Weiss

Record
elapsed time

Athlete Number
X:XX:XX

for first several (~10) and last several (~5) athletes.



Circle to highlight lapped athlete.
Footnote to indicate lapped twice.

Note Athlete's Number (bib number), Hip Number, and uniform colors for athletes (before the race, if possible).

		__1__	__2__	__3__	__4__	__5__	----	----	----	__10__	__11__	__12__	__13__	__14__	__15__	----	----	
		1415	1416	1417	1418	1419	----	----	----	1424	1425	1426	1427	1428	1429	----	----	
		red/blk	blu/blk/wh	blu/blk/arn	red/red	blu/blu	----	----	----	bnk/blk	vel/blk	blk/blk	arn/blk	ora/ora	arn/arn	----	----	
		----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	
		----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	
LAPS TO GO		Athlete Number	Athlete Number	Athlete Number	Athlete Number	Athlete Number	Athlete Number	Athlete Number	Athlete Number	Athlete Number	Athlete Number	Athlete Number	Athlete Number	Athlete Number	Athlete Number	Athlete Number	Athlete Number	Laps
		X:XX:XX	X:XX:XX	X:XX:XX	X:XX:XX	X:XX:XX	X:XX:XX	X:XX:XX	X:XX:XX	X:XX:XX	X:XX:XX	X:XX:XX	X:XX:XX	X:XX:XX	X:XX:XX	X:XX:XX	X:XX:XX	X:XX:XX
9		5 7:44	4 7:44	1 7:45	2 8:00	3 8:10	----	----	----	14 8:23	10 8:24	11 8:30	15 8:31	12 8:40	13 8:40	----	----	9
8		5 15:27	4 15:28	1 15:29	2 16:00	3 16:20	----	----	----	14 16:46	10 16:48	11 17:00	15 17:02	12 17:20	13 17:22	----	----	8
7		5 23:12	4 23:13	1 23:14	2 24:00	3 24:30	----	----	----	14 25:09	10 25:12	15 25:29	11 25:30	12 26:00	13 26:00	----	----	7
6		5 30:56	4 30:57	1 30:58	2 32:00	3 32:40	----	----	----	14 33:32	10 33:36	15 33:59	11 34:00	12 34:40	13 34:42	----	----	6
5		1 38:43	4 38:57	5 39:00	2 40:00	3 40:50	----	----	----	14 41:55	10 42:00	15 42:29	11 42:30	12 43:20	13 43:20	----	----	5
4		1 46:27	4 47:07	5 47:10	2 48:00	3 49:00	----	----	----	1424 50:24	14 50:30	11 51:00	15 51:01	----	13 52:30	----	----	4
3		1 54:12	4 55:27	5 55:30	2 56:00	3 57:10	----	----	----	1424 58:48	14 59:15	11 59:30	15 59:32	12 1:00:40	13 1:01:59	----	----	3
2		1 1:01:56	4 1:03:57	1419 1:04:00	2 1:04:00	3 1:05:20	----	----	----	1424 1:07:12	11 1:08:00	----	12 1:09:20	13 1:09:39	----	----	2	
Bell lap	1	1 1:09:41	2 1:12:00	4 1:12:42	1419 1:12:45	3 1:13:30	----	----	----	1424 1:15:36	11 1:16:30	15 1:16:34	12 1:18:00	13 1:18:19	----	----	1	Bell lap
	FINISH TIME:	1 1:17:26	2 1:20:00	3 1:21:40	4 1:22:01	1419 1:22:05	----	----	----	1424 1:24:00	11 1:24:27	15 1:24:50	12 1:26:30	13 1:26:59	----	----	0	FINISH TIME