## 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.

LAP SCORING	SHEET for	10 laps	@ 2 km
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 Distance = 20 km
 F\_\_ M\_\_
 Date\_\_\_\_\_
 Time of day at start\_\_\_\_

Sheet\_\_\_\_of\_\_\_

Elapsed time at start = 0:00:00

Lap Scorer's Name\_\_ Official's Number\_\_\_\_\_Signature\_\_

#	Athlete's Name_			Bib #	Hip #	Uniform Colors: Top	Bottom	Shoes	_ F M			#
	LAPS TO GO	9	8	7	6	5	4	3	2	1	FINISH TIME	
	Elapsed Time:	:	:	:	:	:	:	:	:	:	: :	
	Time for lap:	same as elapsed	:	:	:	:	:	:	:	:	:	
#	Athlete's Name_			Bib #	Hip #	Uniform Colors: Top	Bottom	Shoes	_ F M			#
	LAPS TO GO	9	8	7	6	5	4	3	2	1	FINISH TIME	
	Elapsed Time:	:	:	:	:	:	:	:	:	:	: :	
	Time for lap:	same as elapsed	:	:	:	· ·	:	:	:	:	:	
#	Athlete's Name_			Bib #	Hip #	Uniform Colors: Top	Bottom	Shoes	_ F M			#
	LAPS TO GO	9	8	7	6	5	4	3	2	1	FINISH TIME	
	Elapsed Time:	:	:	:	:	:	:	:	:	:	: :	
	Time for lap:	same as elapsed	:	:	:	· ·	:	:	:	:	:	
#	Athlete's Name_			Bib #	Hip #	Uniform Colors: Top	Bottom	Shoes	_ F M			#
	LAPS TO GO	9	8	7	6	5	4	3	2	1	FINISH TIME	
	Elapsed Time:	:	5	:	:	:	:	:	:	:	: :	
	Time for lap:	same as elapsed	:	:	:	:	:	:	:	:	:	
#	Athlete's Name_			Bib #	Hip #	Uniform Colors: Top	Bottom	Shoes	_ F M			#
	LAPS TO GO	9	8	7	6	5	4	3	2	1	FINISH TIME	
	Elapsed Time:	:	:	:	:	:	:	:	:	:	: :	
	Time for lap:	same as elapsed	÷	:	÷	:	:	:	:	;	:	
#	Athlete's Name_			Bib #	Hip #	Uniform Colors: Top	Bottom	Shoes	_ F M			#
	LAPS TO GO	9	8	7	6	5	4	3	2	1	FINISH TIME	]
	Elapsed Time:	:	:	:	:	:	:	:	:	:	: :	
	Time for lap:	same as elapsed	:	:	:	:	:	:	:	;	:	

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		9
13	8:40	9
5	8:40	8
5 4	15:27	8
1	15:28	-
	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		6
2	30:58	-
3	32:00	6 6
_	32:40	-
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
	43:20	5

Arbition   Elapsed   Laps to   Go	ERS in	a 20-kn	n race		Race starts at 0:00:00.0
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## **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)

Α	5	12	14			
B C D E F G	10	12	14			
С	5	14	15			
D	10	14	15			
E	1	5	12	14		
F	2	10	14	15		
G	3	5	12	14		
Н	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 P	2	5	14	15		
Р	3	10	12	14		
Q R	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 = orng T & S

#1429 = Hip #15 = grn T & S

LAP SCORING SHEET for 10 laps @ 2 km

Distance = 20 km F\_\_\_ M\_X\_

Date 28 June 2014 Time of day at start 8:01 AM

Sheet\_1\_of\_2\_

Elapsed time at start = 0:00:00

Fred Schwarz\_\_\_\_\_ Official's Number\_\_\_ Lap Scorer's Name\_\_\_ 026024\_\_\_\_\_ Signature\_\_ Fred Schwarz

#	Athlete's Name_			Bib #_14	415 Hip #_1	Uniform Colors: Top	o <u>red</u> Bottom <u>b</u>	lk Shoes	F M_X			#
	LAPS TO GO	9	8	7	6	5	4	3	2	1	FINISH TIME	
1415	Elapsed Time:	7:45	15:29	23:14	30:58	38:43	46:27	54:12	1:01:56	1:09:41	1:17:26	1415
	Time for lap:	same as elapsed	7:44	7:45	7:44	7:45	7:44	7:45	7:44	7:45	7:45	
#	Athlete's Name_			Bib #_ 14	416 Hip #_2	Uniform Colors: Top	<u>blu</u> Bottom bl	lk Shoes wh	F M_X			#
	LAPS TO GO	9	8	7	6	5	4	3	2	1	FINISH TIME	
1416	Elapsed Time:	8:00	16:00	24:00	32:00	40:00	48:00	56:00	1:04:00	1:12:00	1:20:00	1416
	Time for lap:	same as elapsed	8:00	8:00	8:00	8:00	8:00	8:00	if 8:00	8:00	8:00	
#	Athlete's Name_			Bib #_14	417 Hip #_3	Uniform Colors: Top	<u>blu</u> Bottom bl	lk Shoes grn	F M_X			#
	LAPS TO GO	9	8	7	6	5	4	3	2	1	FINISH TIME	
1417	Elapsed Time:	8:10	16:20	24:30	32:40	40:50	49:00	57:10	1:05:20	1:13:30	1:21:40	1417
	Time for lap:	same as elapsed	8:10	8:10	8:10	8:10	8:10	8:10	8:10	8:10	8:10	
#	Athlete's Name_			Bib #_14	418 Hip #_4	Uniform Colors: Top	o_red Bottom _re	ed Shoes	F M_X			#
	LAPS TO GO	9	8	7	6	5	4	3	2	1	FINISH TIME	
1418	Elapsed Time:	7:44	15:28	23:13	30:57	38:57	47:07	55:27	1:03:57	1:12:42	1:22:01	1418
	Time for lap:	same as elapsed	7:44	7:45	7:44	8:00	8:10	8:20	8:30	8:45	9:19	
#	Athlete's Name_			Bib #_14	419 Hip #_5	Uniform Colors: Top	<u>blu</u> Bottom bl	lu Shoes	F M_X			#
	LAPS TO GO	9	8	7	6	5	4	3	2	1	FINISH TIME	
1419	Elapsed Time:	7:44	15:27	23:12	30:56	39:00	47:10	55:30	1:04:00	1:12:45	1:22:05	1419
	Time for lap:	same as elapsed	7:43	7:45	7:44	8:04	8:10	8:20	8:30	8:45	9:20	
#	Athlete's Name_			Bib #_14	424 Hip #_10	Uniform Colors: Top	pink_ Bottom_bl	k Shoes	F M_X	•	•	#
		9	8	7	6	5	4	3	2	1	FINISH TIME	
	LAPS TO GO			1	1							1
1424	Elapsed Time:	8:24	16:48	25:12	33:36	42:00	50:24	58:48	1:07:12	1:15:36	1:24:00	1424

Checked by Chief Lap Scorer: Name Lilly Weiss Official's Number 0260:	23 Signature Lilly Weis	2

USATF Open Championships/Sacramento, CA\_ Event/location \_\_\_\_\_

LAP SCORING SHEET for 10 laps @ 2 km

Distance = 20 km F\_\_\_ M\_X\_

Date 28 June 2014 Time of day at start 8:01 AM

Sheet\_2\_of\_2\_

Elapsed time at start = 0:00:00

Shelley Grau Lap Scorer's Name\_\_ Shelley Grau\_ Official's Number\_\_\_ \_\_026025\_\_\_\_\_ Signature\_\_\_

#	Athlete's Name_			Bib #_14	.25 Hip #_11	Uniform Colors: Top	yel Bottom blk	Shoes	F M_X			#
	LAPS TO GO	9	8	7	6	5	4	3	2	1	FINISH TIME	
1425	Elapsed Time:	8:30	17:00	25:30	34:00	42:30	51:00	59:30	1:08:00	1:16:30	1:24:47	1425
	Time for lap:	same as elapsed	8:30	8:30	8:30	8:30	8:30	8:30	8:30	8:30	8:17	
#	Athlete's Name_			Bib #_14	26 Hip #_12	Uniform Colors: Top	<u>blk</u> Bottom <u>bli</u>	k Shoes	F M_X			#
	LAPS TO GO	9	8	7	6	5	4	3	2	1	FINISH TIME	
1426	Elapsed Time:	8:40	17:20	26:00	34:40	43:20	missed 52:00	1:00:40	1:09:20	1:18:00	1:26:40	1426
	Time for lap:	same as elapsed	8:40	8:40	8:40	8:40	if 8:40	8:40	8:40	8:40	8:40	
#	Athlete's Name_			Bib #_14	27_ Hip #_13_	Uniform Colors: Top	grn Bottom bl	k Shoes	F M_X			#
	LAPS TO GO	9	8	7	6	5	4	3	2	1	FINISH TIME	
1427	Elapsed Time:	8:40	17:22	26:00	34:42	43:20	52:30	1:01:59	1:09:39	1:18:19	1:26:59	1427
	Time for lap:	same as elapsed	8:42	8:38	8:42	8:38	9:10	9:29	7:40	8:40	8:40	
#	Athlete's Name_			Bib #_14	28 Hip #_14	Uniform Colors: Top	orng Bottom or	ng Shoes	F M_X			#
	LAPS TO GO	9	8	7	6	5	4	3	2	1	FINISH TIME	
1428	Elapsed Time:	8:23	16:46	25:09	33:32	41:55	50:30	59:15			DNF	1428
	Time for lap:	same as elapsed	8:23	8:23	8:23	8:23	8:35	8:45	:		:	
#	Athlete's Name_			Bib #_14	29 Hip #_15	Uniform Colors: Top	grn Bottom _gr	n Shoes	F M_X			#
	LAPS TO GO	9	8	7	6	5	4	3	2	1	FINISH TIME	
1429	Elapsed Time:	8:31	17:02	25:29	33:59	42:29	51:01	59:32	missed 1:08:04	1:16:34	1:24:50	1429
	Time for lap:	same as elapsed	8:31	8:27	8:30	8:30	8:32	8:31	if 8:32	8:30	8:16	
#	Athlete's Name_			Bib #	Hip #	Uniform Colors: Top	Bottom	Shoes	_ F M			#
	LAPS TO GO	9	8	7	6	5	4	3	2	1	FINISH TIME	
	Elapsed Time:	:	:	:	:	:	:	:	:	:	: :	
	Time for lap:	same as elapsed	:	:	:	i :	:	:	:	:	:	

Check	ed by Chie	ef Lap Scorer:	Name		Lilly W	'eiss	Offici	al's Number_	026	5023	_Signature		Lilly Weis	S				
	Event/loca	ation	_USATF C	)pen Cham	pionships/S	Sacramento	o, CA											
	CHIEF LA	AP SCORER'S	S SHEET - FO	R 20-km race	walk on a 2-k	m course (10	full laps)		FM	Date	Time	e of day at sta	rt					
	Elapsed t	ime at start =	0:00:00		Official's Nam	ne				Official's Num	ber		Signature			_		
	Record	d	Athlete Number	for fi	rst several	l (~10) and	d last seve	eral (~5) at	hletes.			Circle to	highlight la	apped athl	ete.			
	elapse	d time	X:XX:XX	]							2x		to indicate					
	Note Ath	nlete's Numi	oer (bib num	nber), Hip Nu	umber, and u	ıniform colo	rs for athlet	es (before t	he race, if po	ossible).								
	_																	_
	-																	-
	_																	_
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	LAPS	Athlete Number		Athlete Number	Athlete Number	Athlete Number	Athlete Number	Athlete Number	Athlete Number	Athlete Number	Athlete Number	Laps						
	TO GO	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	to go	
	9																9	
	8																8	
	7																7	
	6																6	
	5																5	
	4																4	
	3																3	
	2																2	
Bell lap	1																1	Bell lap
	FINISH TIME:																	FINISH TIME

Elapsed time at start = 0:00:00

Official's Name Lilly Weiss Official's Number

Signature\_\_\_\_Lilly Weiss\_\_

Record elapsed time Athlete Number X:XX:XX

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

026023

Circle to highlight lapped athlete. 2x Footnote to indicate lapped twice.

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

															1			
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/grn	red/red	blu/blu					pnk/blk	yel/blk	blk/blk	grn/blk	org/org	grn/grn			
	_																	
	-																	
	LAPS	Athlete Number	Laps															
	TO GO	X:XX:XX	to go															
	•	5	4	1	2	3				14	10	11	15	12	13			
	9	7:44	7:44	7:45	8:00	8:10				8:23	8:24	8:30	8:31	8:40	8:40		9	
		5	4	1	2	3				14	10	11	15	12	13			
	8	15:27	15:28	15:29	16:00	16:20				16:46	16:48	17:00	17:02	17:20	17:22		8	
	_	5	4	1	2	3				14	10	15	11	12	13			
	7	23:12	23:13	23:14	24:00	24:30				25:09	25:12	25:29	25:30	26:00	26:00		7	
		5	4	1	2	3				14	10	15	11	12	13			
	6	30:56	30:57	30:58	32:00	32:40				33:32	33:36	33:59	34:00	34:40	34:42		6	
	_	1	4	5	2	3				14	10	15	11	12	13			
	5	38:43	38:57	39:00	40:00	40:50				41:55	42:00	42:29	42:30	43:20	43:20		5	
	_	1	4	5	2	3				1424	14	11	15		13			
	4	46:27	47:07	47:10	48:00	49:00				50:24	50:30	51:00	51:01		52:30		4	
	•	1	4	5	2	3				1424	14	11	15	12	13			
	3	54:12	55:27	55:30	56:00	57:10				58:48	59:15	59:30	59:32	1:00:40	1:01:59		3	
	_	1	4	1419	2	3				1424	11		12	13			_	
	2	1:01:56	1:03:57	1:04:00	1:04:00	1:05:20				1:07:12	1:08:00		1:09:20	1:09:39			2	
Bell	4	1	2	4	1419	3				1424	11	15	12	13				Bell
lap	1	1:09:41	1:12:00	1:12:42	1:12:45	1:13:30				1:15:36	1:16:30	1:16:34	1:18:00	1:18:19			1	lap
		1	2	3	4	1419				1424	11	15	12	13				
	FINISH TIME:	1:17:26	1:20:00	1:21:40	1:22:01	1:22:05				1:24:00	1:24:27	1:24:50	1:26:30	1:26:59			0	FINISH TIME