

# 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**

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# 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 the way lap counting was done was totally dependent on the official assigned. Many were not properly prepared to do the required job. It was an afterthought. Thus knowing the number of laps that an athlete had completed or had remaining was sometimes a mystery even to the official who was supposed 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 the scorer 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 unlap 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 at 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 developed 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 (2011-2012 rule book) RULE 3-18**

#### **The Lap Counter(s)**

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, by recording the times over each lap of the athletes for whom they are responsible, and relay legs. The lap counter(s) shall confirm to the head umpire, through an appropriate reporting method, that all competitors have completed the prescribed number of laps. The start of the final lap of the event leader shall be signaled by the firing of a pistol or the ringing of a bell. All subsequent competitors shall be notified of their final lap or leg.

### **IAAF (2010 rule book) 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 (2010 rule book) 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 should be responsible for more than three competitors (six in the case of ultramarathons and road walking events).

**NOTE:** *Whenever possible, an adequate number of trained lap scorers should be selected before the day of competition.*

2. At the completion of each race, lap scoring cards shall be delivered to the Referee.

3. 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 **2010** 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.

### **Transponders: Rule 165.16 (USATF) and Rule 165.24 (IAAF)**

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**

In the most common system I have seen used, the chief lap scorer counts the number of laps for the leader via the lap counter and then mentally or on paper 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 lap scoring 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 has been missed. In fact using the average or the last lap time, the lap scorer can even predict about when to expect each runner for the next lap and when the runner 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 your 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. Figure 3 is an example of a completed form. Note I have added an additional row for each athlete where the individual lap times may be recorded.

Lap scoring can be helped by having numbers on competitors. Without numbers, 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 another 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 uniform 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 gives on line and accurate splits for each race as well as allowing easy review of the number of laps each participant has completed.

A slightly less sophisticated 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. 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 Figure 1. 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 Figure 2 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. The operator most 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 lap. Lap scorers are assigned for races of 1500 meters or more, 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 oversee 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 defined 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 disqualified 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 three per counter for track competitions (3 in USAFT rule 131; 4 in IAAF rule 131). 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. If possible, introduce yourself to your competitors.
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 in your sheets to 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.

## **SHEETS AND EXERCISES**

Three exercises using lap scoring sheets are presented to help officials teach volunteers and other officials the skills of lap scoring.

The basic skills of lap scoring are covered in the exercise on Pages 17-19. Page 17 is a lap scoring sheet for races with 12.5 or fewer laps (and up to four athletes). Page 18 is an exercise with times for each of four athletes in a 3-kilometer race. The instructor should (a) read off the elapsed times during the race and the corresponding athlete's number, (b) ask the students to call out the number of laps remaining, and (c) have the students fill out the form on Page 17. The students should record the elapsed time then calculate the time for each lap. Page 19 is the answer sheet for this exercise.

More skills are learned in the exercise on Pages 20-23. Page 20 is a lap scoring sheet for races with 12.5 or fewer laps (and up to six athletes). Page 21 is an exercise with times for each of 11 athletes in a 5-kilometer race. The instructor should (a) assign three or more athletes to each student lap scorer and



give the students the athlete's names, bib numbers, hip numbers, and uniform colors (listed on Pages 22 and 23), (b) read off the elapsed times during the race and the corresponding athlete's number, (c) ask the students to call out the number of laps remaining, and (d) have the students fill out the form on Page 20. The students should record the elapsed time then calculate the time for each lap. This exercise includes the complications of (1) hip numbers falling off and having to rely on bib number or uniform colors, and (2) the lap scorer's missing a time for an athlete and recognizing the mistake by calculating the time for the last lap. Pages 22 and 23 are the answer sheets for this exercise.

Page 24 is a lap scoring sheet for races with 25 or fewer laps and up to three athletes. This can be used instead of Page 20 for the exercise on Page 21.

A third exercise, for the Chief Lap Scorer, is on Pages 25-27. Page 25 is a lap scoring sheet for use by the Chief Lap Scorer (or by trained, volunteer laps scorers when there are not enough lap scorers to adequately cover the race with lap scoring sheets like those on Pages 17, 20, or 23. Page 26 is an exercise with times for each of 11 athletes in a 5-kilometer race. It has the same times as on Page 21, but several times are missing, because one person generally won't be able to catch all the times. The exercise includes times for the top five and last six athletes. Page 27 is the answer sheet for this exercise.

After training lap scorers in their duties using these exercises, it is helpful to print a copy on the answer sheet on the back of the blank lap scoring sheet that will be used in an upcoming race: Page 17 with Page 19 on the back, Page 20 with Page 23 on the back, Page 24 with Page 23 on the back, and Page 25 with Page 27 on the back.

## 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        | <b>5</b>        |     |
| 9   | 4     | 4 | 7 | 8 | 6        | <b>12</b> | <b>5</b> | <b>9</b>        |     |
| 10  | 3     | 4 | 7 | 6 | <b>8</b> | <b>12</b> | <b>5</b> | <b>9</b>        |     |
| 11  | 2     | 4 | 7 | 8 | 6        | <b>12</b> | <b>5</b> | <b>9</b>        |     |
| 12  | 1     | 4 | 7 | 8 | 6        | <b>12</b> | <b>5</b> | <u><b>9</b></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.

- In this example, which is a 5,000-meter race on a 400-meter track (for which the start is 200 meters from the finish line and there are 12 laps to go the first time the athletes cross the finish line): At 12 laps to go, there is a pack for which it is difficult to read numbers.
- With 9 laps to go, note that Athlete #15 dropped out and did not finish (DNF).
- With 5 laps to go, Athlete #5 has been lapped by the leader, whose number isn't recorded, because this is only keeping track of the last 7 athletes.
- With 3 laps to go, Athletes #8, 12, 5, and 9 have been lapped once by the leader.
- With 2 laps to go, Athlete #8 unlapped, such that now only Athletes #12, 5, and 9 have been lapped by the leader.
- With 1 lap to go, Athlete #9 has now been lapped twice by the leader, and Athletes #12 and 5 have been lapped once.

Also note that individual lap times should, if possible, be recorded in the spaces after the athletes' numbers.

**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  | 4 <sup>th</sup> |
| Lap Time:  |           |    |    |    |   |     |   |   |     |     |    |    |    |                 |
| NAME Tres  | NUMBER 10 |    |    |    |   |     |   |   |     |     |    |    |    |                 |
| Time:      |           | x  | x  | x  | x | x   | x | x | x   | x   | x  | x  | x  | 2 <sup>nd</sup> |
| Lap Time:  |           |    |    |    |   |     |   |   |     |     |    |    |    |                 |
| NAME Keys  | NUMBER 11 |    |    |    |   |     |   |   |     |     |    |    |    |                 |
| Time:      |           | x  | x  | x  | x | x   | x | x | x   | x   | x  | x  | x  | 7 <sup>th</sup> |
| 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<br>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

## Example of a 3 Competitor Lap Scoring Sheet

| Use A Pencil<br><br>Please Print All<br>Information<br><br>Laps to Go | Competitor's Name  | Laps/Dist.<br>Completed | Competitor's Name  | Laps/Dist.<br>Completed | Competitor's Name  | Start - 12.5       |
|---|--------------------|-------------------------|--------------------|-------------------------|--------------------|--------------------|
|   | Age Group/Gender   |                         | Age Group/Gender   |                         | Age Group/Gender   |                    |
|   | Uniform Colors     |                         | Uniform Colors     |                         | Uniform Colors     |                    |
|   | Competitor's Bib # |                         | Competitor's Bib # |                         | Competitor's Bib # |                    |
| Start - 12.5  | EVENT TIME         | Laps/Dist.<br>Completed | EVENT TIME         | Laps/Dist.<br>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                  |
| <b>Finish Time</b>  |                    | 12.5 – 5,000            |                    | 12.5 – 5,000            |                    | <b>Finish Time</b> |

Timer's initials-under  
each finish time:

Event: \_\_\_\_\_ Heat #: \_\_\_\_\_ Lap Timer: \_\_\_\_\_  
(Please Print Your Name)

Official's USATF Certification Number (if any): \_\_\_\_\_

## Figure 7 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: |        |    |    |    |   |     |   |   |     |   |    |    |    |     |



# Figure 8 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 |       |    |    |    |    |     |    |    |     |    |    |    |    |     |    |    |    |    |    |    |    |    |    |    |    |     |  |
| NAME     | NUM   |    |    |    |    |     |    |    |     |    |    |    |    |     |    |    |    |    |    |    |    |    |    |    |    |     |  |
| Cum Time |       |    |    |    |    |     |    |    |     |    |    |    |    |     |    |    |    |    |    |    |    |    |    |    |    |     |  |
| Lap Time |       |    |    |    |    |     |    |    |     |    |    |    |    |     |    |    |    |    |    |    |    |    |    |    |    |     |  |
| NAME     | NUM   |    |    |    |    |     |    |    |     |    |    |    |    |     |    |    |    |    |    |    |    |    |    |    |    |     |  |
| Cum Time |       |    |    |    |    |     |    |    |     |    |    |    |    |     |    |    |    |    |    |    |    |    |    |    |    |     |  |
| Lap Time |       |    |    |    |    |     |    |    |     |    |    |    |    |     |    |    |    |    |    |    |    |    |    |    |    |     |  |

# Figure 9 Universal Track Scoring Sheet 2 -10 Km

## LAP SCORING SHEET

Event: Men's 5 KM Final Date: 5/30/10

Lap Scorer's Name:  
Thomas

| 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  |      |      |      |       |       |       |       |     |    |    |    |    |    |    |    |    |    |    |    |     |
| <b>NAME Norris</b> | 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  |     |    |    |    |    |    |    |    |    |    |    |    |     |
|                    |            |      |      |      |      |      |      |      |      |       |       |       |       |     |    |    |    |    |    |    |    |    |    |    |    |     |
| <b>NAME Dees</b>   | NUM 546-4  |      |      |      |      |      |      |      |      |       |       |       |       |     |    |    |    |    |    |    |    |    |    |    |    |     |
| Cum Time           | 0:43       | 1:39 | 2:34 | 3:29 | 4:25 | 5:21 | 6:17 | 7:13 | 8:07 | 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  |       |     |    |    |    |    |    |    |    |    |    |    |    |     |
|                    |            |      |      |      |      |      |      |      |      |       |       |       |       |     |    |    |    |    |    |    |    |    |    |    |    |     |
| <b>NAME Cole</b>   | 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  | 0:55  |     |    |    |    |    |    |    |    |    |    |    |    |     |
|                    |            |      |      |      |      |      |      |      |      |       |       |       |       |     |    |    |    |    |    |    |    |    |    |    |    |     |
| <b>NAME</b>        | NUM        |      |      |      |      |      |      |      |      |       |       |       |       |     |    |    |    |    |    |    |    |    |    |    |    |     |
| Cum Time           |            |      |      |      |      |      |      |      |      |       |       |       |       |     |    |    |    |    |    |    |    |    |    |    |    |     |
| Lap Time           |            |      |      |      |      |      |      |      |      |       |       |       |       |     |    |    |    |    |    |    |    |    |    |    |    |     |
|                    |            |      |      |      |      |      |      |      |      |       |       |       |       |     |    |    |    |    |    |    |    |    |    |    |    |     |
| <b>NAME</b>        | NUM        |      |      |      |      |      |      |      |      |       |       |       |       |     |    |    |    |    |    |    |    |    |    |    |    |     |
| Cum Time           |            |      |      |      |      |      |      |      |      |       |       |       |       |     |    |    |    |    |    |    |    |    |    |    |    |     |
| Lap Time           |            |      |      |      |      |      |      |      |      |       |       |       |       |     |    |    |    |    |    |    |    |    |    |    |    |     |
|                    |            |      |      |      |      |      |      |      |      |       |       |       |       |     |    |    |    |    |    |    |    |    |    |    |    |     |
| <b>NAME</b>        | NUM        |      |      |      |      |      |      |      |      |       |       |       |       |     |    |    |    |    |    |    |    |    |    |    |    |     |
| Cum Time           |            |      |      |      |      |      |      |      |      |       |       |       |       |     |    |    |    |    |    |    |    |    |    |    |    |     |
| Lap Time           |            |      |      |      |      |      |      |      |      |       |       |       |       |     |    |    |    |    |    |    |    |    |    |    |    |     |
|                    |            |      |      |      |      |      |      |      |      |       |       |       |       |     |    |    |    |    |    |    |    |    |    |    |    |     |

**LAP SCORING SHEET for ≤12.5 laps**

Distance \_\_\_\_\_ Heat \_\_\_ 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  | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | FINISH TIME |
| Elapsed Time:   | :  | :  | :  | : | : | : | : | : | : | : | : | : | :           |
| Time for lap:   | :  | :  | :  | : | : | : | : | : | : | : | : | : | :           |

|   |    |    |    |   |   |   |   |   |   |   |   |   |             |
|---|----|----|----|---|---|---|---|---|---|---|---|---|-------------|
| Athlete's Name _____ Bib # _____ Hip # _____ Uniform Colors: Top _____ Bottom _____ Shoes _____ F___ M___ |    |    |    |   |   |   |   |   |   |   |   |   |             |
| LAPS TO GO  | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | FINISH TIME |
| Elapsed Time:   | :  | :  | :  | : | : | : | : | : | : | : | : | : | :           |
| Time for lap:   | :  | :  | :  | : | : | : | : | : | : | : | : | : | :           |

|   |    |    |    |   |   |   |   |   |   |   |   |   |             |
|---|----|----|----|---|---|---|---|---|---|---|---|---|-------------|
| Athlete's Name _____ Bib # _____ Hip # _____ Uniform Colors: Top _____ Bottom _____ Shoes _____ F___ M___ |    |    |    |   |   |   |   |   |   |   |   |   |             |
| LAPS TO GO  | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | FINISH TIME |
| Elapsed Time:   | :  | :  | :  | : | : | : | : | : | : | : | : | : | :           |
| Time for lap:   | :  | :  | :  | : | : | : | : | : | : | : | : | : | :           |

|   |    |    |    |   |   |   |   |   |   |   |   |   |             |
|---|----|----|----|---|---|---|---|---|---|---|---|---|-------------|
| Athlete's Name _____ Bib # _____ Hip # _____ Uniform Colors: Top _____ Bottom _____ Shoes _____ F___ M___ |    |    |    |   |   |   |   |   |   |   |   |   |             |
| LAPS TO GO  | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | FINISH TIME |
| Elapsed Time:   | :  | :  | :  | : | : | : | : | : | : | : | : | : | :           |
| Time for lap:   | :  | :  | :  | : | : | : | : | : | : | : | : | : | :           |

|                 |       |       |         |         |         |         |         |         |         |         |         |         |         |
|-----------------|-------|-------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 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    |
| Distance (5K)   | 200 m | 600 m | 1,000 m | 1,400 m | 1,800 m | 2,200 m | 2,600 m | 3,000 m | 3,400 m | 3,800 m | 4,200 m | 4,600 m | 5,000 m |
| Laps completed  |       |       |         |         |         | 0.5     | 1.5     | 2.5     | 3.5     | 4.5     | 5.5     | 6.5     | 7.5     |
| Distance (3K)   |       |       |         |         |         | 200 m   | 600 m   | 1,000 m | 1,400 m | 1,800 m | 2,200 m | 2,600 m | 3,000 m |
| Laps completed  |       |       |         |         |         |         |         |         |         | 0.75    | 1.75    | 2.75    | 3.75    |
| Distance (1.5K) |       |       |         |         |         |         |         |         |         | 300 m   | 700 m   | 1,100 m | 1,500 m |

Checked by Chief Lap Scorer: Name \_\_\_\_\_ Official's Number \_\_\_\_\_ Signature \_\_\_\_\_

## EXERCISE FOR LAP SCORERS IN 3-KILOMETER RACE

Race starts at 0:00:00.00

| Athlete Number | Elapsed Time | Laps to Go | Notes    |
|----------------|--------------|------------|----------|
| 1203           | 1:15         | 7          |          |
| 1219           | 1:20         | 7          |          |
| 1215           | 1:30         | 7          |          |
| 1237           | 1:30         | 7          |          |
| 1203           | 3:45         | 6          |          |
| 1219           | 4:00         | 6          |          |
| 1215           | 4:30         | 6          |          |
| 1237           | 4:31         | 6          |          |
| 1203           | 6:15         | 5          |          |
| 1219           | 6:40         | 5          |          |
| 1215           | 7:30         | 5          |          |
| 1237           | 7:31         | 5          |          |
| 1203           | 8:45         | 4          |          |
| 1219           | 9:20         | 4          |          |
| 1215           | 10:25        | 4          |          |
| 1237           | 10:30        | 4          |          |
| 1203           | 11:15        | 3          |          |
| 1219           | 12:00        | 3          |          |
| 1237           | 13:31        | 3          |          |
| 1215           | 13:32        | 3          |          |
| 1203           | 13:45        | 2          |          |
| 1219           | 14:40        | 2          |          |
| 1203           | 16:15        | 1          |          |
| 1237           | 16:29        | 2          | Lapped   |
| 1215           | 16:32        | 2          | Lapped   |
| 1219           | 17:20        | 1          |          |
| 1203           | 18:45        |            | Finished |
| 1237           | 19:31        | 1          |          |
| 1219           | 20:00        |            | Finished |
| 1237           | 22:30        |            | Finished |
| 1215           | DNF          |            |          |

### NOTES TO INSTRUCTOR:

In this exercise, have the students use the "LAP SCORING SHEET for  $\leq 12.5$  laps."

Have each student score laps for each of the four athletes.

LAP SCORING SHEET for ≤12.5 laps

Distance 3K Heat 1 F\_X\_M Date 14 August 2010 Time of day at start 8:01 a.m.

Sheet 2 of 6

EXAMPLE

Elapsed time at start = 0:00:00

Lap Scorer's Name Joy Volunteer Official's Number 026023 Signature Joy Volunteer

|   |    |    |    |   |   |      |      |      |      |       |       |       |             |
|---|----|----|----|---|---|------|------|------|------|-------|-------|-------|-------------|
| Athlete's Name <u>Ada Moore</u> Bib # <u>1203</u> Hip # _____ Uniform Colors: Top <u>blue</u> Bottom <u>black</u> Shoes _____ F_X_M__ |    |    |    |   |   |      |      |      |      |       |       |       |             |
| LAPS TO GO  | 12 | 11 | 10 | 9 | 8 | 7    | 6    | 5    | 4    | 3     | 2     | 1     | FINISH TIME |
| Elapsed Time:   | :  | :  | :  | : | : | 1:15 | 3:45 | 6:15 | 8:45 | 11:15 | 13:45 | 16:15 | 18:45       |
| Time for lap:   | :  | :  | :  | : | : | :    | 2:30 | 2:30 | 2:30 | 2:30  | 2:30  | 2:30  | 2:30        |

|   |    |    |    |   |   |      |      |      |       |       |       |   |             |
|---|----|----|----|---|---|------|------|------|-------|-------|-------|---|-------------|
| Athlete's Name <u>Cathy Moore</u> Bib # <u>1215</u> Hip # _____ Uniform Colors: Top <u>blue</u> Bottom <u>blue</u> Shoes <u>white</u> F_X_M__ |    |    |    |   |   |      |      |      |       |       |       |   |             |
| LAPS TO GO  | 12 | 11 | 10 | 9 | 8 | 7    | 6    | 5    | 4     | 3     | 2     | 1 | FINISH TIME |
| Elapsed Time:   | :  | :  | :  | : | : | 1:30 | 4:30 | 7:30 | 10:25 | 13:32 | 16:32 |   | DNF         |
| Time for lap:   | :  | :  | :  | : | : | :    | 3:00 | 3:00 | 2:55  | 3:07  | 3:00  | : | :           |

|  |    |    |    |   |   |      |      |      |      |       |       |       |             |
|--|----|----|----|---|---|------|------|------|------|-------|-------|-------|-------------|
| Athlete's Name <u>Betty Moore</u> Bib # <u>1219</u> Hip # _____ Uniform Colors: Top <u>blue</u> Bottom <u>blue</u> Shoes <u>blue</u> F_X_M__ |    |    |    |   |   |      |      |      |      |       |       |       |             |
| LAPS TO GO   | 12 | 11 | 10 | 9 | 8 | 7    | 6    | 5    | 4    | 3     | 2     | 1     | FINISH TIME |
| Elapsed Time:  | :  | :  | :  | : | : | 1:20 | 4:00 | 6:40 | 9:20 | 12:00 | 14:40 | 17:20 | 20:00       |
| Time for lap:  | :  | :  | :  | : | : | :    | 2:40 | 2:40 | 2:40 | 2:40  | 2:40  | 2:40  | 2:40        |

|  |    |    |    |   |   |      |      |      |       |       |       |       |             |
|--|----|----|----|---|---|------|------|------|-------|-------|-------|-------|-------------|
| Athlete's Name <u>Daisy Moore</u> Bib # <u>1237</u> Hip # _____ Uniform Colors: Top <u>green</u> Bottom <u>green</u> Shoes _____ F_X_M__ |    |    |    |   |   |      |      |      |       |       |       |       |             |
| LAPS TO GO   | 12 | 11 | 10 | 9 | 8 | 7    | 6    | 5    | 4     | 3     | 2     | 1     | FINISH TIME |
| Elapsed Time:  | :  | :  | :  | : | : | 1:30 | 4:31 | 7:31 | 10:30 | 13:31 | 16:29 | 19:31 | 22:30       |
| Time for lap:  | :  | :  | :  | : | : | :    | 3:01 | 3:00 | 2:59  | 3:01  | 2:58  | 3:02  | 2:59        |

|                 |       |       |         |         |         |         |         |         |         |         |         |         |         |
|-----------------|-------|-------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 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    |
| Distance (5K)   | 200 m | 600 m | 1,000 m | 1,400 m | 1,800 m | 2,200 m | 2,600 m | 3,000 m | 3,400 m | 3,800 m | 4,200 m | 4,600 m | 5,000 m |
| Laps completed  |       |       |         |         |         | 0.5     | 1.5     | 2.5     | 3.5     | 4.5     | 5.5     | 6.5     | 7.5     |
| Distance (3K)   |       |       |         |         |         | 200 m   | 600 m   | 1,000 m | 1,400 m | 1,800 m | 2,200 m | 2,600 m | 3,000 m |
| Laps completed  |       |       |         |         |         |         |         | 0.75    | 1.75    | 2.75    | 3.75    |         |         |
| Distance (1.5K) |       |       |         |         |         |         |         | 300 m   | 700 m   | 1,100 m | 1,500 m |         |         |

Checked by Chief Lap Scorer: Name Joseph Volunteer Official's Number 026024 Signature Joseph Volunteer

**LAP SCORING SHEET for  $\leq 12.5$  laps**

Distance \_\_\_\_\_ Heat \_\_\_ 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           | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | FINISH TIME |             |             |                           |  |              |  |             |  |       |       |
| Elapsed Time:        | :  | :  | :  | : | : | : | : | : | : | : | : | : | :           |             |             |                           |  |              |  |             |  |       |       |
| Time for lap:        | :  | :  | :  | : | : | : | : | : | : | : | : | : | :           |             |             |                           |  |              |  |             |  |       |       |

|                      |    |    |    |   |   |   |   |   |   |   |   |   |             |             |             |                           |  |              |  |             |  |       |       |
|----------------------|----|----|----|---|---|---|---|---|---|---|---|---|-------------|-------------|-------------|---------------------------|--|--------------|--|-------------|--|-------|-------|
| Athlete's Name _____ |    |    |    |   |   |   |   |   |   |   |   |   |             | Bib # _____ | Hip # _____ | Uniform Colors: Top _____ |  | Bottom _____ |  | Shoes _____ |  | F ___ | M ___ |
| LAPS TO GO           | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | FINISH TIME |             |             |                           |  |              |  |             |  |       |       |
| Elapsed Time:        | :  | :  | :  | : | : | : | : | : | : | : | : | : | :           |             |             |                           |  |              |  |             |  |       |       |
| Time for lap:        | :  | :  | :  | : | : | : | : | : | : | : | : | : | :           |             |             |                           |  |              |  |             |  |       |       |

|                      |    |    |    |   |   |   |   |   |   |   |   |   |             |             |             |                           |  |              |  |             |  |       |       |
|----------------------|----|----|----|---|---|---|---|---|---|---|---|---|-------------|-------------|-------------|---------------------------|--|--------------|--|-------------|--|-------|-------|
| Athlete's Name _____ |    |    |    |   |   |   |   |   |   |   |   |   |             | Bib # _____ | Hip # _____ | Uniform Colors: Top _____ |  | Bottom _____ |  | Shoes _____ |  | F ___ | M ___ |
| LAPS TO GO           | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | FINISH TIME |             |             |                           |  |              |  |             |  |       |       |
| Elapsed Time:        | :  | :  | :  | : | : | : | : | : | : | : | : | : | :           |             |             |                           |  |              |  |             |  |       |       |
| Time for lap:        | :  | :  | :  | : | : | : | : | : | : | : | : | : | :           |             |             |                           |  |              |  |             |  |       |       |

|                      |    |    |    |   |   |   |   |   |   |   |   |   |             |             |             |                           |  |              |  |             |  |       |       |
|----------------------|----|----|----|---|---|---|---|---|---|---|---|---|-------------|-------------|-------------|---------------------------|--|--------------|--|-------------|--|-------|-------|
| Athlete's Name _____ |    |    |    |   |   |   |   |   |   |   |   |   |             | Bib # _____ | Hip # _____ | Uniform Colors: Top _____ |  | Bottom _____ |  | Shoes _____ |  | F ___ | M ___ |
| LAPS TO GO           | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | FINISH TIME |             |             |                           |  |              |  |             |  |       |       |
| Elapsed Time:        | :  | :  | :  | : | : | : | : | : | : | : | : | : | :           |             |             |                           |  |              |  |             |  |       |       |
| Time for lap:        | :  | :  | :  | : | : | : | : | : | : | : | : | : | :           |             |             |                           |  |              |  |             |  |       |       |

|                      |    |    |    |   |   |   |   |   |   |   |   |   |             |             |             |                           |  |              |  |             |  |       |       |
|----------------------|----|----|----|---|---|---|---|---|---|---|---|---|-------------|-------------|-------------|---------------------------|--|--------------|--|-------------|--|-------|-------|
| Athlete's Name _____ |    |    |    |   |   |   |   |   |   |   |   |   |             | Bib # _____ | Hip # _____ | Uniform Colors: Top _____ |  | Bottom _____ |  | Shoes _____ |  | F ___ | M ___ |
| LAPS TO GO           | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | FINISH TIME |             |             |                           |  |              |  |             |  |       |       |
| Elapsed Time:        | :  | :  | :  | : | : | : | : | : | : | : | : | : | :           |             |             |                           |  |              |  |             |  |       |       |
| Time for lap:        | :  | :  | :  | : | : | : | : | : | : | : | : | : | :           |             |             |                           |  |              |  |             |  |       |       |

|                      |    |    |    |   |   |   |   |   |   |   |   |   |             |             |             |                           |  |              |  |             |  |       |       |
|----------------------|----|----|----|---|---|---|---|---|---|---|---|---|-------------|-------------|-------------|---------------------------|--|--------------|--|-------------|--|-------|-------|
| Athlete's Name _____ |    |    |    |   |   |   |   |   |   |   |   |   |             | Bib # _____ | Hip # _____ | Uniform Colors: Top _____ |  | Bottom _____ |  | Shoes _____ |  | F ___ | M ___ |
| LAPS TO GO           | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | FINISH TIME |             |             |                           |  |              |  |             |  |       |       |
| Elapsed Time:        | :  | :  | :  | : | : | : | : | : | : | : | : | : | :           |             |             |                           |  |              |  |             |  |       |       |
| Time for lap:        | :  | :  | :  | : | : | : | : | : | : | : | : | : | :           |             |             |                           |  |              |  |             |  |       |       |

|                 |       |       |         |         |         |         |         |         |         |         |         |         |         |
|-----------------|-------|-------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 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    |
| Distance (5K)   | 200 m | 600 m | 1,000 m | 1,400 m | 1,800 m | 2,200 m | 2,600 m | 3,000 m | 3,400 m | 3,800 m | 4,200 m | 4,600 m | 5,000 m |
| Laps completed  |       |       |         |         |         | 0.5     | 1.5     | 2.5     | 3.5     | 4.5     | 5.5     | 6.5     | 7.5     |
| Distance (3K)   |       |       |         |         |         | 200 m   | 600 m   | 1,000 m | 1,400 m | 1,800 m | 2,200 m | 2,600 m | 3,000 m |
| Laps completed  |       |       |         |         |         |         |         |         |         | 0.75    | 1.75    | 2.75    | 3.75    |
| Distance (1.5K) |       |       |         |         |         |         |         |         |         | 300 m   | 700 m   | 1,100 m | 1,500 m |

Checked by Chief Lap Scorer: Name \_\_\_\_\_ Official's Number \_\_\_\_\_ Signature \_\_\_\_\_

**EXERCISE FOR LAP SCORERS in a 5-km race**

Race starts at 0:00:00.00

| Athlete Number | Elapsed Time | Laps to Go |
|----------------|--------------|------------|
| 5              | 0:35         | 12         |
| 4              | 0:35         | 12         |
| 1              | 0:35         | 12         |
| 3              | 0:36         | 12         |
| 2              | 0:36         | 12         |
| 10             | 0:38         | 12         |
| 11             | 0:38         | 12         |
| 15             | 0:39         | 12         |
| 13             | 0:40         | 12         |
| 14             | 0:40         | 12         |
| 12             | 0:45         | 12         |
| 5              | 1:45         | 11         |
| 4              | 1:45         | 11         |
| 1              | 1:45         | 11         |
| 3              | 1:47         | 11         |
| 2              | 1:47         | 11         |
| 10             | 2:04         | 11         |
| 11             | 2:04         | 11         |
| 15             | 2:07         | 11         |
| 13             | 2:08         | 11         |
| 12             | 2:10         | 11         |
| 14             | 2:15         | 11         |
| 5              | 2:55         | 10         |
| 4              | 2:56         | 10         |
| 1              | 2:57         | 10         |
| 2              | 2:58         | 10         |
| 3              | 2:59         | 10         |
| 10             | 3:30         | 10         |
| 11             | 3:31         | 10         |
| 13             | 3:37         | 10         |
| 12             | 3:38         | 10         |
| 15             | 3:39         | 10         |
| 14             | 3:45         | 10         |
| 5              | 4:05         | 9          |
| 4              | 4:07         | 9          |
| 1              | 4:10         | 9          |
| 2              | 4:11         | 9          |
| 3              | 4:12         | 9          |
| 10             | 4:56         | 9          |
| 11             | 4:58         | 9          |
| 13             | 5:03         | 9          |
| 12             | 5:13         | 9          |
| 15             | 5:14         | 9          |
| 14             | 5:15         | 9          |

| Athlete Number | Elapsed Time | Laps to Go | Notes          |
|----------------|--------------|------------|----------------|
| 5              | 5:15         | 8          |                |
| 4              | 5:16         | 8          |                |
| 1              | 5:17         | 8          |                |
| 3              | 5:21         | 8          |                |
| 2              | 5:22         | 8          |                |
| 10             | 6:22         | 8          |                |
| 11             | 6:24         | 8          |                |
| 5              | 6:25         | 7          |                |
| 14             | 6:25         | 8          | lapped         |
| 4              | 6:26         | 7          |                |
| 1              | 6:27         | 7          |                |
| 13             | 6:28         | 8          | lapped         |
| 3              | 6:28         | 7          |                |
| 2              | 6:32         | 7          |                |
| 12             | 6:44         | 8          | lapped         |
| 15             | 6:45         | 8          | lapped         |
| 14             | 7:35         | 7          | about to unlap |
| 5              | 7:35         | 6          |                |
| 1              | 7:36         | 6          |                |
| 4              | 7:37         | 6          |                |
| 3              | 7:38         | 6          |                |
| 2              | 7:45         | 6          |                |
| 10             | 7:48         | 7          | lapped         |
| 11             | 7:51         | 7          | lapped         |
| 13             | 7:53         | 7          | (lapped)       |
| 12             | 8:14         | 7          | (lapped)       |
| 15             | 8:15         | 7          | (lapped)       |
| 14             | 8:40         | 6          | unlapped       |
| 1              | 8:45         | 5          |                |
| 5              | 8:46         | 5          |                |
| 4              | 8:47         | 5          |                |
| 3              | 8:48         | 5          |                |
| 2              | 9:00         | 5          |                |
| 10             | 9:14         | 6          | (lapped)       |
| 11             | 9:18         | 6          | (lapped)       |
| 13             | 9:34         | 6          | (lapped)       |
| 15             | 9:44         | 6          | (lapped)       |
| 12             | 9:45         | 6          | (lapped)       |
| 1              | 9:55         | 4          |                |
| 3              | 10:00        | 4          |                |
| 5              | 10:08        | 4          |                |
| 4              | 10:09        | 4          |                |
| 2              | 10:10        | 4          |                |
| 10             | 10:40        | 5          | (lapped)       |
| 11             | 10:45        | 5          | (lapped)       |
| 13             | 10:59        | 5          | (lapped)       |
| 1              | 11:05        | 3          |                |
| 3              | 11:12        | 3          |                |
| 2              | 11:14        | 3          |                |
| 15             | 11:14        | 5          | lapped tw ice  |
| 12             | 11:15        | 5          | lapped tw ice  |

| Athlete Number | Elapsed Time     | Laps to Go | Notes   |
|----------------|------------------|------------|---|
| 14             | did not finish   |            | <b>DNF</b>  |
| 5              | 11:33            | 3          |   |
| 4              | 11:43            | 3          |   |
| 10             | 12:06            | 4          | (lapped)  |
| 11             | 12:07            | 4          | (lapped)  |
| 1              | 12:15            | 2          |   |
| 3              | 12:24            | 2          |   |
| 13             | 12:24            | 4          | lapped tw ice   |
| 2              | 12:25            | 2          |   |
| <del>12</del>  | <del>12:43</del> | 4          | (lapped tw ice) - LAP SCORER DIDNT RECORD TIME OR SEE ATHLETE               |
| <del>15</del>  | <del>12:45</del> | 4          | (lapped tw ice) - LAP SCORER DIDNT RECORD TIME but SAW ATHLETE              |
| 1419           | 12:46            | 2          | <b>Athlete with blue Top and Shorts (#1419) lost her hip number.</b>        |
| 4              | 12:57            | 2          |   |
| 1              | 13:25            | 1          |   |
| 1424           | 13:32            | 3          | (lapped tw ice) - <b>Athlete with pink top (#1424) lost her hip number.</b> |
| 11             | 13:34            | 3          | (lapped tw ice)   |
| 3              | 13:36            | 1          |   |
| 2              | 13:36            | 1          |   |
| 13             | 13:49            | 3          | (lapped tw ice)   |
| 1419           | 13:59            | 1          |   |
| 12             | 14:05            | 3          | (lapped tw ice)   |
| 4              | 14:11            | 1          |   |
| 15             | 14:15            | 3          | (lapped tw ice)   |
| 1              | 14:35            |            | Finished  |
| 2              | 14:47            |            | Finished  |
| 1424           | 14:58            | 2          |   |
| 3              | 15:00            |            | Finished  |
| 1419           | 15:12            |            | Finished  |
| 11             | 15:13            | 2          |   |
| 13             | 15:14            | 2          |   |
| 4              | 15:25            |            | Finished  |
| 15             | 15:34            | 2          |   |
| 12             | 15:45            | 2          |   |
| 1424           | 16:24            | 1          |   |
| 13             | 16:25            | 1          |   |
| 11             | 16:40            | 1          |   |
| 15             | 17:03            | 1          |   |
| 12             | 17:15            | 1          |   |
| 13             | 17:42            |            | Finished  |
| 1424           | 17:55            |            | Finished  |
| 11             | 18:07            |            | Finished  |
| 15             | 18:32            |            | Finished  |
| 12             | 18:45            |            | Finished  |

**NOTES TO INSTRUCTOR:**

In this exercise, have the students use the "LAP SCORING SHEET for ≤12.5 laps."

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

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

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

Some options for each student to practice - Athlete Numbers

Assign 3 or 4 athletes to most students.

|    |    |    |    |    |    |
|----|----|----|----|----|----|
| 5  | 12 | 14 |    |    |    |
| 10 | 12 | 14 |    |    |    |
| 5  | 14 | 15 |    |    |    |
| 10 | 14 | 15 |    |    |    |
| 1  | 5  | 12 | 14 |    |    |
| 2  | 10 | 14 | 15 |    |    |
| 3  | 5  | 12 | 14 |    |    |
| 4  | 10 | 14 | 15 |    |    |
| 5  | 11 | 12 | 14 |    |    |
| 10 | 13 | 14 | 15 |    |    |
| 1  | 3  | 5  | 11 | 13 | 15 |
| 2  | 4  | 10 | 12 | 14 |    |
| 5  | 11 | 12 | 14 |    |    |
| 1  | 10 | 12 | 14 |    |    |
| 2  | 5  | 14 | 15 |    |    |
| 3  | 10 | 12 | 14 |    |    |
| 4  | 5  | 14 | 15 |    |    |
| 5  | 13 | 14 | 15 |    |    |

LAP SCORING SHEET

Distance 5 km Heat 1 F X M Date 7 Oct 2010 Time of day at start 9:26 a.m.

Sheet 1 of 2

EXAMPLE

Elapsed time at start = 0:00:00

Lap Scorer's Name Joy Volunteer Official's Number 026023 Signature Joy Volunteer

|  |      |      |      |      |      |      |      |      |      |       |       |       |             |
|--|------|------|------|------|------|------|------|------|------|-------|-------|-------|-------------|
| Athlete's Name <u>Amy Schnell</u> Bib # <u>1415</u> Hip # <u>1</u> Uniform Colors: Top <u>red</u> Bottom <u>blk</u> Shoes _____ F <u>X</u> M _____ |      |      |      |      |      |      |      |      |      |       |       |       |             |
| LAPS TO GO   | 12   | 11   | 10   | 9    | 8    | 7    | 6    | 5    | 4    | 3     | 2     | 1     | FINISH TIME |
| Elapsed Time:  | 0:35 | 1:45 | 2:57 | 4:10 | 5:17 | 6:27 | 7:36 | 8:45 | 9:55 | 11:05 | 12:15 | 13:25 | 14:35       |
| Time for lap:  |      | 1:10 | 1:12 | 1:13 | 1:07 | 1:10 | 1:09 | 1:09 | 1:10 | 1:10  | 1:10  | 1:10  | 1:10        |

|   |      |      |      |      |      |      |      |      |       |       |       |       |             |
|---|------|------|------|------|------|------|------|------|-------|-------|-------|-------|-------------|
| Athlete's Name <u>Carmen Schnell</u> Bib # <u>1417</u> Hip # <u>3</u> Uniform Colors: Top <u>blu</u> Bottom <u>blk</u> Shoes <u>gm</u> F <u>X</u> M _____ |      |      |      |      |      |      |      |      |       |       |       |       |             |
| LAPS TO GO  | 12   | 11   | 10   | 9    | 8    | 7    | 6    | 5    | 4     | 3     | 2     | 1     | FINISH TIME |
| Elapsed Time:   | 0:36 | 1:47 | 2:59 | 4:12 | 5:21 | 6:28 | 7:38 | 8:48 | 10:00 | 11:12 | 12:24 | 13:36 | 15:00       |
| Time for lap:   |      | 1:11 | 1:12 | 1:13 | 1:09 | 1:07 | 1:10 | 1:10 | 1:12  | 1:12  | 1:12  | 1:12  | 1:24        |

|  |      |      |      |      |      |      |      |      |       |       |       |       |             |
|--|------|------|------|------|------|------|------|------|-------|-------|-------|-------|-------------|
| Athlete's Name <u>Emily Schnell</u> Bib # <u>1419</u> Hip # <u>5</u> Uniform Colors: Top <u>blu</u> Bottom <u>blu</u> Shoes _____ F <u>X</u> M _____ |      |      |      |      |      |      |      |      |       |       |       |       |             |
| LAPS TO GO   | 12   | 11   | 10   | 9    | 8    | 7    | 6    | 5    | 4     | 3     | 2     | 1     | FINISH TIME |
| Elapsed Time:  | 0:35 | 1:45 | 2:55 | 4:05 | 5:15 | 6:25 | 7:35 | 8:46 | 10:08 | 11:33 | 12:46 | 13:59 | 15:12       |
| Time for lap:  |      | 1:10 | 1:10 | 1:10 | 1:10 | 1:10 | 1:10 | 1:11 | 1:22  | 1:25  | 1:13  | 1:13  | 1:13        |

|  |      |      |      |      |      |      |      |       |       |       |       |       |             |
|--|------|------|------|------|------|------|------|-------|-------|-------|-------|-------|-------------|
| Athlete's Name <u>Ingrid Langsam</u> Bib # <u>1425</u> Hip # <u>11</u> Uniform Colors: Top <u>yel</u> Bottom <u>blk</u> Shoes _____ F <u>X</u> M _____ |      |      |      |      |      |      |      |       |       |       |       |       |             |
| LAPS TO GO   | 12   | 11   | 10   | 9    | 8    | 7    | 6    | 5     | 4     | 3     | 2     | 1     | FINISH TIME |
| Elapsed Time:  | 0:38 | 2:04 | 3:31 | 4:58 | 6:24 | 7:51 | 9:18 | 10:45 | 12:07 | 13:34 | 15:13 | 16:40 | 18:07       |
| Time for lap:  |      | 1:26 | 1:27 | 1:27 | 1:26 | 1:27 | 1:27 | 1:27  | 1:22  | 1:27  | 1:39  | 1:27  | 1:27        |

|   |      |      |      |      |      |      |      |       |       |       |       |       |             |
|---|------|------|------|------|------|------|------|-------|-------|-------|-------|-------|-------------|
| Athlete's Name <u>Katherine Langsam</u> Bib # <u>1427</u> Hip # <u>13</u> Uniform Colors: Top <u>grn</u> Bottom <u>blk</u> Shoes _____ F <u>X</u> M _____ |      |      |      |      |      |      |      |       |       |       |       |       |             |
| LAPS TO GO  | 12   | 11   | 10   | 9    | 8    | 7    | 6    | 5     | 4     | 3     | 2     | 1     | FINISH TIME |
| Elapsed Time:   | 0:40 | 2:08 | 3:37 | 5:03 | 6:28 | 7:53 | 9:34 | 10:59 | 12:24 | 13:49 | 15:14 | 16:25 | 17:42       |
| Time for lap:   |      | 1:28 | 1:29 | 1:26 | 1:25 | 1:25 | 1:41 | 1:25  | 1:25  | 1:25  | 1:25  | 1:11  | 1:17        |

|  |      |      |      |      |      |      |      |       |   |              |       |       |             |
|--|------|------|------|------|------|------|------|-------|---|--------------|-------|-------|-------------|
| Athlete's Name <u>Margaret Langsam</u> Bib # <u>1429</u> Hip # <u>15</u> Uniform Colors: Top <u>grn</u> Bottom <u>grn</u> Shoes _____ F <u>X</u> M _____ |      |      |      |      |      |      |      |       |   |              |       |       |             |
| LAPS TO GO   | 12   | 11   | 10   | 9    | 8    | 7    | 6    | 5     | 4 | 3            | 2     | 1     | FINISH TIME |
| Elapsed Time:  | 0:39 | 2:07 | 3:39 | 5:14 | 6:45 | 8:15 | 9:44 | 11:14 |   | <b>14:15</b> | 15:34 | 17:03 | 18:32       |
| Time for lap:  |      | 1:28 | 1:32 | 1:35 | 1:31 | 1:30 | 1:29 | 1:30  |   | <b>3:01</b>  | 1:29  | 1:29  | 1:29        |

**Saw athlete  
but didn't get  
time with  
4 to go**

|                 |       |       |         |         |         |         |         |         |         |         |         |         |         |
|-----------------|-------|-------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 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    |
| Distance (5K)   | 200 m | 600 m | 1,000 m | 1,400 m | 1,800 m | 2,200 m | 2,600 m | 3,000 m | 3,400 m | 3,800 m | 4,200 m | 4,600 m | 5,000 m |
| Laps completed  |       |       |         |         |         | 0.5     | 1.5     | 2.5     | 3.5     | 4.5     | 5.5     | 6.5     | 7.5     |
| Distance (3K)   |       |       |         |         |         | 200 m   | 600 m   | 1,000 m | 1,400 m | 1,800 m | 2,200 m | 2,600 m | 3,000 m |
| Laps completed  |       |       |         |         |         |         |         | 0.75    | 1.75    | 2.75    | 3.75    |         |         |
| Distance (1.5K) |       |       |         |         |         |         |         | 300 m   | 700 m   | 1,100 m | 1,500 m |         |         |

Checked by Chief Lap Scorer: Name Joseph Volunteer Official's Number 026024 Signature Joseph Volunteer



LAP SCORING SHEET

Distance 5 km Heat 1 F\_X\_M Date 7 Oct 2010 Time of day at start 9:26 a.m.

Sheet 2 of 2

EXAMPLE

Elapsed time at start = 0:00:00

Lap Scorer's Name Jane Volunteer Official's Number 026025 Signature Jane Volunteer

|   |      |      |      |      |      |      |      |      |       |       |       |       |             |
|---|------|------|------|------|------|------|------|------|-------|-------|-------|-------|-------------|
| Athlete's Name <u>Barbara Schnell</u> Bib # <u>1416</u> Hip # <u>2</u> Uniform Colors: Top <u>blu</u> Bottom <u>blk</u> Shoes <u>wh</u> F_X M__ |      |      |      |      |      |      |      |      |       |       |       |       |             |
| LAPS TO GO  | 12   | 11   | 10   | 9    | 8    | 7    | 6    | 5    | 4     | 3     | 2     | 1     | FINISH TIME |
| Elapsed Time:   | 0:36 | 1:47 | 2:58 | 4:11 | 5:22 | 6:32 | 7:45 | 9:00 | 10:10 | 11:14 | 12:25 | 13:36 | 14:47       |
| Time for lap:   |      | 1:11 | 1:11 | 1:13 | 1:11 | 1:10 | 1:13 | 1:15 | 1:10  | 1:04  | 1:11  | 1:11  | 1:11        |

|   |      |      |      |      |      |      |      |      |       |       |       |       |             |
|---|------|------|------|------|------|------|------|------|-------|-------|-------|-------|-------------|
| Athlete's Name <u>Debra Schnell</u> Bib # <u>1418</u> Hip # <u>4</u> Uniform Colors: Top <u>red</u> Bottom <u>red</u> Shoes _____ F_X M__ |      |      |      |      |      |      |      |      |       |       |       |       |             |
| LAPS TO GO  | 12   | 11   | 10   | 9    | 8    | 7    | 6    | 5    | 4     | 3     | 2     | 1     | FINISH TIME |
| Elapsed Time:   | 0:35 | 1:45 | 2:56 | 4:07 | 5:16 | 6:26 | 7:37 | 8:47 | 10:09 | 11:43 | 12:57 | 14:11 | 15:25       |
| Time for lap:   |      | 1:10 | 1:11 | 1:11 | 1:09 | 1:10 | 1:11 | 1:10 | 1:22  | 1:34  | 1:14  | 1:14  | 1:14        |

|   |      |      |      |      |      |      |      |       |       |       |       |       |             |
|---|------|------|------|------|------|------|------|-------|-------|-------|-------|-------|-------------|
| Athlete's Name <u>Holly Langsam</u> Bib # <u>1424</u> Hip # <u>10</u> Uniform Colors: Top <u>pink</u> Bottom <u>blk</u> Shoes _____ F_X M__ |      |      |      |      |      |      |      |       |       |       |       |       |             |
| LAPS TO GO  | 12   | 11   | 10   | 9    | 8    | 7    | 6    | 5     | 4     | 3     | 2     | 1     | FINISH TIME |
| Elapsed Time:   | 0:38 | 2:04 | 3:30 | 4:56 | 6:22 | 7:48 | 9:14 | 10:40 | 12:06 | 13:32 | 14:58 | 16:24 | 17:55       |
| Time for lap:   |      | 1:26 | 1:26 | 1:26 | 1:26 | 1:26 | 1:26 | 1:26  | 1:26  | 1:26  | 1:26  | 1:26  | 1:31        |

|  |      |      |      |      |      |      |      |       |              |   |       |       |             |
|--|------|------|------|------|------|------|------|-------|--------------|---|-------|-------|-------------|
| Athlete's Name <u>Julie Langsam</u> Bib # <u>1426</u> Hip # <u>12</u> Uniform Colors: Top <u>blk</u> Bottom <u>blk</u> Shoes _____ F_X M__ |      |      |      |      |      |      |      |       |              |   |       |       |             |
| LAPS TO GO   | 12   | 11   | 10   | 9    | 8    | 7    | 6    | 5     | 4            | 3 | 2     | 1     | FINISH TIME |
| Elapsed Time:  | 0:45 | 2:10 | 3:38 | 5:13 | 6:44 | 8:14 | 9:45 | 11:15 | <b>14:05</b> |   | 15:45 | 17:15 | 18:45       |
| Time for lap:  |      | 1:25 | 1:28 | 1:35 | 1:31 | 1:30 | 1:31 | 1:30  | <b>2:50</b>  |   | 1:40  | 1:30  | 1:30        |

*missed scoring  
lap with 4 to go  
time ~ 2x  
checkd with Chie*

|   |      |      |      |      |      |      |      |   |   |   |   |   |             |
|---|------|------|------|------|------|------|------|---|---|---|---|---|-------------|
| Athlete's Name <u>Lucy Langsam</u> Bib # <u>1428</u> Hip # <u>14</u> Uniform Colors: Top <u>org</u> Bottom <u>org</u> Shoes _____ F_X M__ |      |      |      |      |      |      |      |   |   |   |   |   |             |
| LAPS TO GO  | 12   | 11   | 10   | 9    | 8    | 7    | 6    | 5 | 4 | 3 | 2 | 1 | FINISH TIME |
| Elapsed Time:   | 0:40 | 2:15 | 3:45 | 5:15 | 6:25 | 7:35 | 8:40 | : | : | : | : | : | DNF         |
| Time for lap:   |      | 1:35 | 1:30 | 1:30 | 1:10 | 1:10 | 1:05 | : | : | : | : | : | :           |

|   |    |    |    |   |   |   |   |   |   |   |   |   |             |
|---|----|----|----|---|---|---|---|---|---|---|---|---|-------------|
| Athlete's Name _____ Bib # _____ Hip # _____ Uniform Colors: Top _____ Bottom _____ Shoes _____ F__ M__ |    |    |    |   |   |   |   |   |   |   |   |   |             |
| LAPS TO GO  | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | FINISH TIME |
| Elapsed Time:   | :  | :  | :  | : | : | : | : | : | : | : | : | : | :           |
| Time for lap:   |    | :  | :  | : | : | : | : | : | : | : | : | : | :           |

|                 |       |       |         |         |         |         |         |         |         |         |         |         |         |
|-----------------|-------|-------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 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    |
| Distance (5K)   | 200 m | 600 m | 1,000 m | 1,400 m | 1,800 m | 2,200 m | 2,600 m | 3,000 m | 3,400 m | 3,800 m | 4,200 m | 4,600 m | 5,000 m |
| Laps completed  |       |       |         |         |         | 0.5     | 1.5     | 2.5     | 3.5     | 4.5     | 5.5     | 6.5     | 7.5     |
| Distance (3K)   |       |       |         |         |         | 200 m   | 600 m   | 1,000 m | 1,400 m | 1,800 m | 2,200 m | 2,600 m | 3,000 m |
| Laps completed  |       |       |         |         |         |         |         |         |         | 0.75    | 1.75    | 2.75    | 3.75    |
| Distance (1.5K) |       |       |         |         |         |         |         |         |         | 300 m   | 700 m   | 1,100 m | 1,500 m |

Checked by Chief Lap Scorer: Name Joseph Volunteer Official's Number 026024 Signature Joseph Volunteer

**LAP SCORING SHEET for ≤25 laps**

Distance \_\_\_\_\_ Heat \_\_\_ 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           | 24 | 23 | 22 | 21 | 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 |   |             |   |             |             |                           |  |  |  |              |  |             |  |       |       |
| Elapsed Time:        | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | : | :           | : | :           | :           |                           |  |  |  |              |  |             |  |       |       |
| Time for lap:        | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | : | :           | : | :           | :           |                           |  |  |  |              |  |             |  |       |       |
| LAPS TO GO           | 12 | 11 | 10 | 9  | 8  | 7  | 6  | 5  | 4  | 3  | 2  | 1  |   |             |   |             | FINISH TIME |                           |  |  |  |              |  |             |  |       |       |
| Elapsed Time:        | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | : | :           | : | :           | :           |                           |  |  |  |              |  |             |  |       |       |
| Time for lap:        | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | : | :           | : | :           | :           |                           |  |  |  |              |  |             |  |       |       |

|                      |    |    |    |    |    |    |    |    |    |    |    |    |   |             |   |             |             |                           |  |  |  |              |  |             |  |       |       |
|----------------------|----|----|----|----|----|----|----|----|----|----|----|----|---|-------------|---|-------------|-------------|---------------------------|--|--|--|--------------|--|-------------|--|-------|-------|
| Athlete's Name _____ |    |    |    |    |    |    |    |    |    |    |    |    |   | Bib # _____ |   | Hip # _____ |             | Uniform Colors: Top _____ |  |  |  | Bottom _____ |  | Shoes _____ |  | F ___ | M ___ |
| LAPS TO GO           | 24 | 23 | 22 | 21 | 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 |   |             |   |             |             |                           |  |  |  |              |  |             |  |       |       |
| Elapsed Time:        | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | : | :           | : | :           | :           |                           |  |  |  |              |  |             |  |       |       |
| Time for lap:        | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | : | :           | : | :           | :           |                           |  |  |  |              |  |             |  |       |       |
| LAPS TO GO           | 12 | 11 | 10 | 9  | 8  | 7  | 6  | 5  | 4  | 3  | 2  | 1  |   |             |   |             | FINISH TIME |                           |  |  |  |              |  |             |  |       |       |
| Elapsed Time:        | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | : | :           | : | :           | :           |                           |  |  |  |              |  |             |  |       |       |
| Time for lap:        | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | : | :           | : | :           | :           |                           |  |  |  |              |  |             |  |       |       |

|                      |    |    |    |    |    |    |    |    |    |    |    |    |   |             |   |             |             |                           |  |  |  |              |  |             |  |       |       |
|----------------------|----|----|----|----|----|----|----|----|----|----|----|----|---|-------------|---|-------------|-------------|---------------------------|--|--|--|--------------|--|-------------|--|-------|-------|
| Athlete's Name _____ |    |    |    |    |    |    |    |    |    |    |    |    |   | Bib # _____ |   | Hip # _____ |             | Uniform Colors: Top _____ |  |  |  | Bottom _____ |  | Shoes _____ |  | F ___ | M ___ |
| LAPS TO GO           | 24 | 23 | 22 | 21 | 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 |   |             |   |             |             |                           |  |  |  |              |  |             |  |       |       |
| Elapsed Time:        | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | : | :           | : | :           | :           |                           |  |  |  |              |  |             |  |       |       |
| Time for lap:        | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | : | :           | : | :           | :           |                           |  |  |  |              |  |             |  |       |       |
| LAPS TO GO           | 12 | 11 | 10 | 9  | 8  | 7  | 6  | 5  | 4  | 3  | 2  | 1  |   |             |   |             | FINISH TIME |                           |  |  |  |              |  |             |  |       |       |
| Elapsed Time:        | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | : | :           | : | :           | :           |                           |  |  |  |              |  |             |  |       |       |
| Time for lap:        | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | :  | : | :           | : | :           | :           |                           |  |  |  |              |  |             |  |       |       |

|                 |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |          |         |
|-----------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|----------|---------|
| Laps completed  | 1       | 2       | 3       | 4       | 5       | 6       | 7       | 8       | 9       | 10      | 11      | 12      |         |         |         |         |          |         |
| Distance (5K)   | 400 m   | 800 m   | 1,200 m | 1,600 m | 2,000 m | 2,400 m | 2,800 m | 3,200 m | 3,600 m | 4,000 m | 4,400 m | 4,800 m |         |         |         |         |          |         |
| Laps completed  | 13      | 14      | 15      | 16      | 17      | 18      | 19      | 20      | 21      | 22      | 23      | 24      |         |         |         |         | 25       |         |
| Distance (5K)   | 5,200 m | 5,600 m | 6,000 m | 6,400 m | 6,800 m | 7,200 m | 7,600 m | 8,000 m | 8,400 m | 8,800 m | 9,200 m | 9,600 m |         |         |         |         | 10,000 m |         |
| 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     |         |
| Distance (5K)   | 200 m   | 600 m   | 1,000 m | 1,400 m | 1,800 m | 2,200 m | 2,600 m | 3,000 m | 3,400 m | 3,800 m | 4,200 m | 4,600 m |         |         |         |         | 5,000 m  |         |
| Laps completed  |         |         |         |         |         |         |         |         |         |         | 0.5     | 1.5     | 2.5     | 3.5     | 4.5     | 5.5     | 6.5      | 7.5     |
| Distance (3K)   |         |         |         |         |         |         |         |         |         |         | 200 m   | 600 m   | 1,000 m | 1,400 m | 1,800 m | 2,200 m | 2,600 m  | 3,000 m |
| Laps completed  |         |         |         |         |         |         |         |         |         |         | 0.75    | 1.75    | 2.75    | 3.75    |         |         |          |         |
| Distance (1.5K) |         |         |         |         |         |         |         |         |         |         | 300 m   | 700 m   | 1,100 m | 1,500 m |         |         |          |         |

Checked by Chief Lap Scorer: Name \_\_\_\_\_ Official's Number \_\_\_\_\_ Signature \_\_\_\_\_

Elapsed time at start = 0:00:00 Official's Name \_\_\_\_\_ Official's Number \_\_\_\_\_ Signature \_\_\_\_\_

| LAPS TO GO   | Elapsed        |           | Elapsed        |           | Elapsed        |           | Elapsed        |           | Elapsed        |           | Elapsed        |           | Elapsed        |           | Elapsed        |           | Elapsed        |           | Elapsed        |           | Lap |
|--|----------------|-----------|----------------|-----------|----------------|-----------|----------------|-----------|----------------|-----------|----------------|-----------|----------------|-----------|----------------|-----------|----------------|-----------|----------------|-----------|-----|
|  | Athlete Number | Time X:XX | Athlete Number | Time X:XX | Athlete Number | Time X:XX | Athlete Number | Time X:XX | Athlete Number | Time X:XX | Athlete Number | Time X:XX | Athlete Number | Time X:XX | Athlete Number | Time X:XX | Athlete Number | Time X:XX | Athlete Number | Time X:XX |     |
| START HERE WITH 25 LAPS FOR A <b>10-km race on a 400-meter track</b> , or a 50-km race on a 2-km course (25 laps total = 24 laps to go at first recorded time)   |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| 24   |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| 23   |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| 22   |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| 21   |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| 20   |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| START HERE WITH 20 LAPS FOR A 20-km race on a 1-km course, or 50-km race on a 2.5-km course (20 laps total = 19 laps to go at first recorded time)   |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| 19   |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| 18   |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| 17   |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| 16   |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| 15   |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| 14   |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| 13   |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| START HERE WITH 12.5 LAPS FOR A <b>5-km race on a 400-meter track</b> (start on opposite side of track; 12.5 laps total = 12 laps to go at first recorded time)  |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| 12   |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| 11   |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| 10   |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| START HERE WITH 10 LAPS FOR A 20-km race on a 2.0-km course (or a 10-km race on a 1.0-km course; 10 laps total = 9 laps to go at first recorded time)  |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| 9  |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| 8  |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| START HERE WITH 7.5 LAPS FOR A <b>3-km race on a 400-meter track</b> (start on opposite side of track, 7.5 laps total = 7 laps to go at first recorded time)<br>ALSO START HERE WITH 8 LAPS FOR A 20-km race on a 2.5-km course (8 laps total = 7 laps to go at first recorded time) |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| 7  |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| 6  |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| 5  |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| 4  |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| START HERE WITH 3.75 LAPS FOR <b>1.5-km race on a 400-meter track</b> (start 100 m after finish line, 3.75 laps total = 3 laps to go at first recorded time )  |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| 3  |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| 2  |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| 1  |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |
| FINISH TIME  |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |                |           |     |

NOTES (for example, Athlete's number matched with uniform colors and hip number)

Focus on the Top 10 and the Last 3 to 5 or Lapped Athletes.



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

**EXERCISE FOR CHIEF LAP SCORER in a 5-km race**

Race starts at 0:00:00.00

| Athlete Number                      | Elapsed Time | Laps to Go |
|-------------------------------------|--------------|------------|
| 5                                   | 0:35         | 12         |
| followed by tight pack of athletes, |              |            |
| then                                |              |            |
| 13                                  | 0:40         | 12         |
| 14                                  | 0:40         | 12         |
| 12                                  | 0:45         | 12         |
| 5                                   | 1:45         | 11         |
| followed by tight pack of athletes, |              |            |
| then                                |              |            |
| 13                                  | 2:08         | 11         |
| 12                                  | 2:10         | 11         |
| 14                                  | 2:15         | 11         |
| 5                                   | 2:55         | 10         |
| followed by tight pack of athletes, |              |            |
| then                                |              |            |
| 12                                  | 3:38         | 10         |
| 15                                  | 3:39         | 10         |
| 14                                  | 3:45         | 10         |
| 5                                   | 4:05         | 9          |
| 4                                   |              | 9          |
| 1                                   | 4:10         | 9          |
| 10                                  | 4:56         | 9          |
| 11                                  | 4:58         | 9          |
| 13                                  | 5:03         | 9          |
| 12                                  | 5:13         | 9          |
| 15                                  | 5:14         | 9          |
| 14                                  | 5:15         | 9          |

| Athlete Number | Elapsed Time | Laps to Go | Notes          |
|----------------|--------------|------------|----------------|
| 5              | 5:15         | 8          |                |
| 4              |              | 8          |                |
| 1              | 5:17         | 8          |                |
| 3              | 5:21         | 8          |                |
| 10             | 6:22         | 8          |                |
| 11             | 6:24         | 8          |                |
| 5              | 6:25         | 7          |                |
| 14             | 6:25         | 8          | lapped         |
| 4              |              | 7          |                |
| 1              |              | 7          |                |
| 13             | 6:28         | 8          | lapped         |
| 3              |              | 7          |                |
| 2              |              | 7          |                |
| 12             | 6:44         | 8          | lapped         |
| 15             | 6:45         | 8          | lapped         |
| 14             | 7:35         | 7          | about to unlap |
| 5              | 7:35         | 6          |                |
| 1              |              | 6          |                |
| 4              | 7:37         | 6          |                |
| 3              | 7:38         | 6          |                |
| 2              | 7:45         | 6          |                |
| 10             | 7:48         | 7          | lapped         |
| 11             | 7:51         | 7          | lapped         |
| 13             | 7:53         | 7          | (lapped)       |
| 12             | 8:14         | 7          | (lapped)       |
| 15             | 8:15         | 7          | (lapped)       |
| 14             | 8:40         | 6          | unlapped       |
| 1              | 8:45         | 5          |                |
| 5              | 8:46         | 5          |                |
| 4              | 8:47         | 5          |                |
| 3              | 8:48         | 5          |                |
| 2              | 9:00         | 5          |                |
| 10             | 9:14         | 6          | (lapped)       |
| 11             | 9:18         | 6          | (lapped)       |
| 13             | 9:34         | 6          | (lapped)       |
| 15             | 9:44         | 6          | (lapped)       |
| 12             | 9:45         | 6          | (lapped)       |
| 1              | 9:55         | 4          |                |
| 3              | 10:00        | 4          |                |
| 5              | 10:08        | 4          |                |
| 4              | 10:09        | 4          |                |
| 2              | 10:10        | 4          |                |
| 10             | 10:40        | 5          | (lapped)       |
| 11             | 10:45        | 5          | (lapped)       |
| 13             | 10:59        | 5          | (lapped)       |
| 1              | 11:05        | 3          |                |
| 3              | 11:12        | 3          |                |
| 2              | 11:14        | 3          |                |
| 15             | 11:14        | 5          | lapped twice   |
| 12             | 11:15        | 5          | lapped twice   |

| Athlete Number | Elapsed Time | Laps to Go | Notes  |
|----------------|--------------|------------|--|
| <b>14</b>      |              |            | <b>did not finish DNF</b>  |
| 5              | 11:33        | 3          |  |
| 4              | 11:43        | 3          |  |
| 10             | 12:06        | 4          | (lapped)   |
| 11             | 12:07        | 4          | (lapped)   |
| 1              | 12:15        | 2          |  |
| 3              | 12:24        | 2          |  |
| 13             | 12:24        | 4          | lapped twice   |
| 2              | 12:25        | 2          |  |
| 12             | 12:43        | 4          | (lapped twice)   |
| 15             | 12:45        | 4          | (lapped twice)   |
| 1419           | 12:46        | 2          | <b>Athlete with blue top and shorts (#1419) lost the hip numbers.</b>      |
| 4              | 12:57        | 2          |  |
| 1              | 13:25        | 1          |  |
| 1424           | 13:32        | 3          | (lapped twice) - <b>Athlete with pink top (#1424) lost her hip number.</b> |
| 11             | 13:34        | 3          | (lapped twice)   |
| 3              | 13:36        | 1          |  |
| 2              |              | 1          |  |
| 13             | 13:49        | 3          | (lapped twice)   |
| 1419           | 13:59        | 1          |  |
| 12             | 14:05        | 3          | (lapped twice)   |
| 4              | 14:11        | 1          |  |
| 15             | 14:15        | 3          | (lapped twice)   |
| 1              | 14:35        |            | Finished   |
| 2              | 14:47        |            | Finished   |
| 1424           | 14:58        | 2          |  |
| 3              | 15:00        |            | Finished   |
| 1419           | 15:12        |            | Finished   |
| 11             | 15:13        | 2          |  |
| 13             | 15:14        | 2          |  |
| 4              | 15:25        |            | Finished   |
| 15             | 15:34        | 2          |  |
| 12             | 15:45        | 2          |  |
| 1424           | 16:24        | 1          |  |
| 13             | 16:25        | 1          |  |
| 11             | 16:40        | 1          |  |
| 15             | 17:03        | 1          |  |
| 12             | 17:15        | 1          |  |
| 13             | 17:42        |            | Finished   |
| 1424           | 17:55        |            | Finished   |
| 11             | 18:07        |            | Finished   |
| 15             | 18:32        |            | Finished   |
| 12             | 18:45        |            | Finished   |

**NOTES TO INSTRUCTOR:**

In this exercise, have the students use the "CHIEF LAP SCORER'S SHEET."

Make sure the student circle the lapped athletes.

Make sure the students footnote with "2x" when an athlete has been lapped twice.

Have the students focus on the top 5 and the last 6 in this exercise.

Be sure to mark "DNF" for Athlete #14.

**EXAMPLE**

Elapsed time at start = 0:00:00 Official's Name Joseph Volunteer Official's Number 026024 Signature Joseph Volunteer

| LAPS TO GO  | Elapsed Time   |       | Elapsed Time   |       | Elapsed Time   |       | Elapsed Time   |       | Elapsed Time   |       | Elapsed Time   |      | Elapsed Time   |      | Elapsed Time   |      | Elapsed Time   |                  | Elapsed Time   |                  | Lap   |                  |       |                  |       |                  |       |      |      |     |
|---|----------------|-------|----------------|-------|----------------|-------|----------------|-------|----------------|-------|----------------|------|----------------|------|----------------|------|----------------|------------------|----------------|------------------|-------|------------------|-------|------------------|-------|------------------|-------|------|------|-----|
|   | Athlete Number | X:XX  | Athlete Number | X:XX  | Athlete Number | X:XX  | Athlete Number | X:XX  | Athlete Number | X:XX  | Athlete Number | X:XX | Athlete Number | X:XX | Athlete Number | X:XX | Athlete Number | X:XX             | Athlete Number | X:XX             |       |                  |       |                  |       |                  |       |      |      |     |
| START HERE WITH 25 LAPS FOR A <b>10-km race on a 400-meter track</b> , or a 50-km race on a 2-km course (25 laps total = 24 laps to go at first recorded time)  |                |       |                |       |                |       |                |       |                |       |                |      |                |      |                |      |                |                  |                |                  |       |                  |       |                  |       |                  |       |      |      |     |
| 24  |                |       |                |       |                |       |                |       |                |       |                |      |                |      |                |      |                |                  |                |                  |       |                  |       |                  |       |                  |       |      |      |     |
| 23  |                |       |                |       |                |       |                |       |                |       |                |      |                |      |                |      |                |                  |                |                  |       |                  |       |                  |       |                  |       |      |      |     |
| 22  |                |       |                |       |                |       |                |       |                |       |                |      |                |      |                |      |                |                  |                |                  |       |                  |       |                  |       |                  |       |      |      |     |
| 21  |                |       |                |       |                |       |                |       |                |       |                |      |                |      |                |      |                |                  |                |                  |       |                  |       |                  |       |                  |       |      |      |     |
| 20  |                |       |                |       |                |       |                |       |                |       |                |      |                |      |                |      |                |                  |                |                  |       |                  |       |                  |       |                  |       |      |      |     |
| START HERE WITH 20 LAPS FOR A 20-km race on a 1-km course, or 50-km race on a 2.5-km course (20 laps total = 19 laps to go at first recorded time)              |                |       |                |       |                |       |                |       |                |       |                |      |                |      |                |      |                |                  |                |                  |       |                  |       |                  |       |                  |       |      |      |     |
| 19  |                |       |                |       |                |       |                |       |                |       |                |      |                |      |                |      |                |                  |                |                  |       |                  |       |                  |       |                  |       |      |      |     |
| 18  |                |       |                |       |                |       |                |       |                |       |                |      |                |      |                |      |                |                  |                |                  |       |                  |       |                  |       |                  |       |      |      |     |
| 17  |                |       |                |       |                |       |                |       |                |       |                |      |                |      |                |      |                |                  |                |                  |       |                  |       |                  |       |                  |       |      |      |     |
| 16  |                |       |                |       |                |       |                |       |                |       |                |      |                |      |                |      |                |                  |                |                  |       |                  |       |                  |       |                  |       |      |      |     |
| 15  |                |       |                |       |                |       |                |       |                |       |                |      |                |      |                |      |                |                  |                |                  |       |                  |       |                  |       |                  |       |      |      |     |
| 14  |                |       |                |       |                |       |                |       |                |       |                |      |                |      |                |      |                |                  |                |                  |       |                  |       |                  |       |                  |       |      |      |     |
| 13  |                |       |                |       |                |       |                |       |                |       |                |      |                |      |                |      |                |                  |                |                  |       |                  |       |                  |       |                  |       |      |      |     |
| START HERE WITH 12.5 LAPS FOR A <b>5-km race on a 400-meter track</b> (start on opposite side of track; 12.5 laps total = 12 laps to go at first recorded time) |                |       |                |       |                |       |                |       |                |       |                |      |                |      |                |      |                |                  |                |                  |       |                  |       |                  |       |                  |       |      |      |     |
| 12  | 5              | 0:35  |                |       |                |       |                |       |                |       |                |      |                |      |                |      |                | 13               | 0:40           | 14               | 0:40  | 12               | 0:45  | 0.5              |       |                  |       |      |      |     |
| 11  | 5              | 1:45  |                |       |                |       |                |       |                |       |                |      |                |      |                |      |                | 13               | 2:08           | 12               | 2:10  | 14               | 2:15  | 1.5              |       |                  |       |      |      |     |
| 10  | 5              | 2:55  |                |       |                |       |                |       |                |       |                |      |                |      |                |      |                | 12               | 3:38           | 15               | 3:39  | 14               | 3:45  | 2.5              |       |                  |       |      |      |     |
| START HERE WITH 10 LAPS FOR A 20-km race on a 2.0-km course (or a 10-km race on a 1.0-km course; 10 laps total = 9 laps to go at first recorded time)           |                |       |                |       |                |       |                |       |                |       |                |      |                |      |                |      |                |                  |                |                  |       |                  |       |                  |       |                  |       |      |      |     |
| 9   | 5              | 4:05  | 4              | 1     | 4:10           |       |                |       |                |       |                |      |                |      |                |      | 10             | 4:56             | 11             | 4:58             | 13    | 5:03             | 12    | 5:13             | 15    | 5:14             | 14    | 5:15 | 3.5  |     |
| 8   | 5              | 5:15  | 4              | 1     | 5:17           | 3     | 5:21           |       |                |       |                |      |                |      |                |      | 10             | 6:22             | 11             | 6:24             | 14    | 6:25             | 13    | 6:28             | 12    | 6:44             | 15    | 6:45 | 4.5  |     |
| START HERE WITH 7.5 LAPS FOR A <b>3-km race on a 400-meter track</b> (start on opposite side of track, 7.5 laps total = 7 laps to go at first recorded time)    |                |       |                |       |                |       |                |       |                |       |                |      |                |      |                |      |                |                  |                |                  |       |                  |       |                  |       |                  |       |      |      |     |
| ALSO START HERE WITH 8 LAPS FOR A 20-km race on a 2.5-km course (8 laps total = 7 laps to go at first recorded time)  |                |       |                |       |                |       |                |       |                |       |                |      |                |      |                |      |                |                  |                |                  |       |                  |       |                  |       |                  |       |      |      |     |
| 7   | 5              | 6:25  |                |       |                |       |                |       |                |       |                |      |                |      |                |      |                | 14               | 7:35           | 10               | 7:48  | 11               | 7:51  | 13               | 7:53  | 12               | 8:14  | 15   | 8:15 | 5.5 |
| 6   | 5              | 7:35  | 1              | 4     | 7:37           | 3     | 7:38           | 2     | 7:45           |       |                |      |                |      |                |      |                | 14               | 8:40           | 10               | 9:14  | 11               | 9:18  | 13               | 9:34  | 15               | 9:44  | 12   | 9:45 | 6.5 |
| 5   | 1              | 8:45  | 5              | 8:46  | 4              | 8:47  | 3              | 8:48  | 2              | 9:00  |                |      |                |      |                |      |                | 10               | 10:40          | 11               | 10:45 | 13               | 10:59 | 15 <sub>2x</sub> | 11:14 | 12 <sub>2x</sub> | 11:15 | 14   | DNF  | 7.5 |
| 4   | 1              | 9:55  | 3              | 10:00 | 5              | 10:08 | 4              | 10:09 | 2              | 10:10 |                |      |                |      |                |      |                | 10               | 12:06          | 11               | 12:07 | 13 <sub>2x</sub> | 12:24 | 12 <sub>2x</sub> | 12:43 | 15 <sub>2x</sub> | 12:45 |      | 8.5  |     |
| START HERE WITH 3.75 LAPS FOR <b>1.5-km race on a 400-meter track</b> (start 100 m after finish line, 3.75 laps total = 3 laps to go at first recorded time)    |                |       |                |       |                |       |                |       |                |       |                |      |                |      |                |      |                |                  |                |                  |       |                  |       |                  |       |                  |       |      |      |     |
| 3   | 1              | 11:05 | 3              | 11:12 | 2              | 11:14 | 5              | 11:33 | 4              | 11:43 |                |      |                |      |                |      |                | 14 <sub>2x</sub> | 13:32          | 11 <sub>2x</sub> | 13:34 | 13 <sub>2x</sub> | 13:49 | 12 <sub>2x</sub> | 14:05 | 15 <sub>2x</sub> | 14:15 |      | 9.5  |     |
| 2   | 1              | 12:15 | 3              | 12:24 | 2              | 12:25 | 1419           | 12:46 | 4              | 12:57 |                |      |                |      |                |      |                | 14 <sub>2x</sub> | 14:58          | 11 <sub>2x</sub> | 15:13 | 13 <sub>2x</sub> | 15:14 | 15 <sub>2x</sub> | 15:34 | 12 <sub>2x</sub> | 15:45 |      | 10.5 |     |
| 1   | 1              | 13:25 | 3              | 13:36 | 2              | 1419  | 13:59          | 4     | 14:11          |       |                |      |                |      |                |      |                | 1424             | 16:24          | 13               | 16:25 | 11               | 16:40 | 15               | 17:03 | 12               | 17:15 |      | 11.5 |     |
| FINISH TIME   | 1              | 14:35 | 2              | 14:47 | 3              | 15:00 | 1419           | 15:12 | 4              | 15:25 |                |      |                |      |                |      |                | 13               | 17:42          | 1424             | 17:55 | 11               | 18:07 | 15               | 18:32 | 12               | 18:45 |      | 12.5 |     |

NOTES (for example, Athlete's number matched with uniform colors and hip number) Focus on the Top 10 and the Last 3 to 5 or Lapped Athletes.

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

#2x Circle to indicated lapped athlete.  
 Footnote to indicate lapped twice.