

NOTES ABOUT THESE FORMS

Page 2 is the **Chief Lap Scorer's Sheet** (used when there is only one lap scorer for the entire race or used by the Chief Lap Scorer to check the other lap scorers).

Page 3 is an example (**handy to copy back-to-back with Page 2**) of the Chief Lap Scorer's Sheet and the answer sheet for the exercise on page 5.

Page 4 is an exercise for use with Pages 6, 7, and 8 (a 5,000-meter race example with lost hip numbers, missed times, and one athlete who did not finish).

Page 5 is an exercise for use with Pages 2 and 3 (the same 5,000-meter race as with the exercise on page 4, but specifically for learning how to use the Chief Lap Scorer's Sheet).

Page 6 is a **Lap Scoring Sheet for 6 athletes for races with 13 or fewer laps** (5,000-meter, 3,000-meter, 1,500-meter or race walks on the road with 13 or fewer laps).

Pages 7 and 8 are answer sheets for the exercise on page 4. **Page 8 is handy to copy back-to-back with Pages 6 and 9** to remind lap scorers what they should be recording.

Page 9 is a **Lap Scoring Sheet for 3 athletes for races with 25 or fewer laps** (nearly any race that is likely to be encountered routinely; 10,000 meters on the track).

Page 10 is a **Lap Scoring Sheet for 4 athletes for races with 13 or fewer laps** (5,000-meter, 3,000-meter, 1,500-meter or race walks on the road with 13 or fewer laps).

Page 11 is an exercise for use with pages 10 and 12. **This can be a 30-minute exercise to teach untrained lap scorers how to do their jobs.**

Page 12 is the answer sheet for the exercise on page 11. **It is handy to copy back-to-back with Page 10 to remind newly trained lap scorers how to do their jobs.**

It is helpful to copy the following pages back-to-back, to provide examples of how to fill out the blank sheets.

Pages 2 and 3: **Chief Lap Scorer's Sheet**

Pages 6 and 8: **Lap Scoring Sheet for 6 athletes for races with 13 or fewer laps**

Pages 9 and 8: **Lap Scoring Sheet for 3 athletes for races with 25 or fewer laps**

Pages 10 and 12: **Lap Scoring Sheet for 4 athletes for races with 13 or fewer laps**. This is good to use, along with the exercise on Page 11, to teach untrained lap scorers how to do their jobs.

CHIEF LAP SCORER'S SHEET - FOR 1.5-km 3-km, 5-km, 10-km, 20-km, and 50-km races.

Distance _____ Heat ___ F ___ M ___ Date _____ Time of day at start _____

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 10-km race on a 400-meter track, 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 5-km race on a 400-meter track (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 3-km race on a 400-meter track (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																					
6																					
5																					
4																					
START HERE WITH 3.75 LAPS FOR 1.5-km race on a 400-meter track (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.
- #_{2x} Footnote to indicate lapped twice.

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 10-km race on a 400-meter track , 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 5-km race on a 400-meter track (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 3-km race on a 400-meter track (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 _{2x}	11:14	12 _{2x}	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 _{2x}	12:24	12 _{2x}	12:43	15 _{2x}	12:45			8.5
START HERE WITH 3.75 LAPS FOR 1.5-km race on a 400-meter track (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						1424 _{2x}	13:32	11 _{2x}	13:34	13 _{2x}	13:49	12 _{2x}	14:05	15 _{2x}	14:15			9.5
2	1	12:15	3	12:24	2	12:25	1419	12:46	4	12:57						1424 _{2x}	14:58	11 _{2x}	15:13	13 _{2x}	15:14	15 _{2x}	15:34	12 _{2x}	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
- #1416 = Hip #2 = blu T, blk S, wh Shoes
- #1417 = Hip #3 = blu T, blk S, grn Shoes
- #1418 = Hip #4 = red T & S

- #1419 = Hip #5 = blu T & S
- #1424 = Hip #10 = pink T, blk S
- #1425 = Hip #11 = yel T, blk S
- #1426 = Hip #12 = blk T & S

- #1427 = Hip #13 = grn T, blk S
- #1428 = Hip #14 = org T & S
- #1429 = Hip #15 = grn T & S

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

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 twice
12	11:15	5	lapped twice

Athlete Number	Elapsed Time	Laps to Go	Notes
14	did not finish		DNF
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) - LAP SCORER DIDN'T RECORD TIME OR SEE ATHLETE
15	12:45	4	(lapped twice) - LAP SCORER DIDN'T RECORD TIME but SAW ATHLETE
1419	12:46	2	Athlete with blue Top and Shorts (#1419) lost her hip number.
4	12:57	2	
1	13:25	1	
1424	13:32	3	(lapped twice) - Athlete with pink top (#1424) lost her hip number.
11	13:34	3	(lapped twice)
3	13:36	1	
2	13:36	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 lap scorers use the "LAP SCORING SHEET for ≤12.5 laps"

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

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

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

Assign 3 or 4 athletes to most lap scorers.

Some options for lap scorers to practice - Lap scorers A through R

Athlete Numbers (1-5 & 10-15)

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

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
14	did not finish		DNF
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	Athlete with blue top and shorts (#1419) lost the hip numbers.
4	12:57	2	
1	13:25	1	
1424	13:32	3	(lapped twice) - Athlete with pink top (#1424) lost her hip number.
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.

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:	:	:	:	:	:	:	:	:	:	:	:	:	:

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 _____

LAP SCORING SHEET
EXAMPLE

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

Elapsed time at start = 0:00:00

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

<i>Hip #1</i>	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 _____													<i>Hip #1</i>	
	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

<i>Hip #3</i>	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>grn</u> F <u>X</u> M _____													<i>Hip #3</i>	
	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

<i>Hip #5</i> <i>#1419</i>	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 _____													<i>Hip #5 = Bib #1419</i>	
	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

<i>Hip #11</i>	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 _____													<i>Hip #11</i>	
	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

<i>Hip #13</i>	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 _____													<i>Hip #13</i>	
	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

<i>Hip #15</i>	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 _____													<i>Hip #15</i> Saw athlete but didn't get time with 4 to go	
	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		14:15	15:34	17:03		18:32
	Time for lap:		1:28	1:32	1:35	1:31	1:30	1:29	1:30		3:01	1:29	1:29		1:29

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													
Distance (3K)	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
	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													
Distance (1.5K)	0.75	1.75	2.75	3.75									
	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
EXAMPLE

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

Elapsed time at start = 0:00:00

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

<i>Hip #2</i>	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 <u>X</u> M													<i>Hip #2</i>	
	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

<i>Hip #4</i>	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 <u>X</u> M													<i>Hip #4</i>	
	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

<i>Hip #10</i> <i>#1424</i>	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 <u>X</u> M													<i>Hip #10 = Bib #1424</i>	
	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

<i>Hip #12</i>	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 <u>X</u> M													<i>Hip #12</i> missed scoring Lap with 4 to go; time ~ 2x checked with Chief	
	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	14:05		15:45	17:15		18:45
	Time for lap:		1:25	1:28	1:35	1:31	1:30	1:31	1:30	2:50		1:40	1:30		1:30

<i>Hip #14</i>	Athlete's Name <u>Lucy Langsam</u> Bib # <u>1428</u> Hip # <u>14</u> Uniform Colors: Top <u>orng</u> Bottom <u>orng</u> Shoes _____ F <u>X</u> M													<i>Hip #14</i>	
	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	:	:	:	:	:		:

<i>Hip #16</i>	Athlete's Name _____ Bib # _____ Hip # _____ Uniform Colors: Top _____ Bottom _____ Shoes _____ F _____ M _____													<i>Hip #16</i>	
	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	8.5	9.5	10.5	11.5
Distance (3K)		200 m	600 m	1,000 m	1,400 m	1,800 m	2,200 m	2,600 m	3,000 m	3,400 m	3,800 m	4,200 m	4,600 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 (10K)	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 (10K)	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 _____

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 ≤ 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

1203	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_														1203
	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	

1215	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_														1215
	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	:	:	

1219	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_														1219
	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	

1237	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_														1237
	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