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, 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, 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.

Elapsed	time at		= 0:00:0				Officia		me								0		s Numb						nature_						
LAPS TO GO	Athlete Number	Elapsed Time X:XX	Athlete	apsed Time X:XX	Alternations	Elapsed Time X:XX	Athlete Number	Elapsed Time X:XX	Athlete Number	Elapsed Time X:XX	Athlete	Time X:XX	Athlete Number	Elapsed Time X:XX	Athlete Number	Time X:XX 2-km	Athlete Number	Time X:XX (25 la	Athlete Number	Flapsed Time X:XX	Athlete Number	Elapsed Time X:XX	Athlete Number	Elapsed Time X:XX Ecorde	Athlete Number	Elapsed Time X:XX	Athlete Number	Elapsed Time X:XX	Athlete Number	Elapsed Time X:XX	Lap
24																															
23																															
22																															
21																															
20																															
	STAR	THER	E WITH	20 L	APS F	FOR A	20-km	race	on a 1-	km cc	ourse, c	or 50-k	m race	e on a	2.5-km	cours	se (20 l	aps to	tal = 19	9 laps	to go	at first	record	ed tim	e)			-			
19																															
18																															
17																															
16																															
15																															
14																															
13																															
	STAR	THER	E WITH	12.5	LAPS	S FOR	A 5-k n	n race	on a	400-m	eter tra	ack (s	tart on	oppo	site sid	e of tra	ack; 12	.5 lap	s total :	= 12 la	aps to	go at fi	rst rec	orded	time)		1	1			
12																															
11																															
10																															
	STAR	THER	E WITH	10 L	APS F	-OR A	20-km	race	on a 2.	0-km	course	(or a	10-km	race o	on a 1.0)-km c	ourse;	10 lap	os total	= 9 la	ips to g	go at fir	rst reco	orded	time)						
9																															
8			E WITH																		to go a	at first i	recorde	ed time	e)						
7	ALGO	7017	IXT TILIX	LVV	111101	LAFS	OKA	20-KI	Trace	on a z	J-KIII (course	o lap	is ioia	1 – 7 ia	ps to g	jo at iii.	31 160	orded t	11116)											
6																															
5															-				-		-										
4	07:5					. = = =					<u> </u>			•							<u> </u>		L		<u> </u>		<u> </u>				
	STAR	I HER	E WITH	3.75	LAPS	FOR	1.5-kn	n race	on a 4	100-m	eter tra	ack (s	tart 100	U m af	ter finis	sh line	, 3.75 la I	aps to	otal = 3	iaps t	o go at I	t first re	ecorde	d time) 			I			
3																															
2																															
1 FINISH																															
TIME:																	1								1		1				

#_{2x} Footnote to indicate lapped twice.

CHIEF LAP SCORER'S SHEET - FOR 1.5-km 3-km, 5-km, 10-km, 20-km, and 50-km races. Distance 5 km Heat 1 F_X M Date 7 Oct 2010 Time of day at start 9:26 a.m. **EXAMPLE** Official's Name | Joseph Valunton Official's Number 026024 Signature O....(4)

Elapsed	time at	start :	= 0:00:00			Officia	ars mai	me	<u>J0</u>	seph v	olunte	<u>eer</u>				0	miciais	s Numi	ber		<u>0260</u>)24	_ Sigr	nature_	yos	eph Volu	uteer				
LAPS	Athlete	Elapsed Time X:XX	Athlete Time Number X:XX	Athlete Numbe	Elapsed Time r X:XX	Athlete Number	Elapsed Time X:XX	Athlete Number	Elapsed Time X:XX		Elapsed Time X:XX	Athlete Number	Elapsed Time X:XX	Athlete	Elapsed Time X:XX	Athlete Number	Elapsed Time X:XX	Athlete Number	Elapsed Time X:XX	Athlete Number	Elapsed Time X:XX	Athlete Number	Elapsed Time X:XX	Athlete Number	Elapsed Time X:XX	Athlete Number	Elapsed Time X:XX	Athlete Number	Elapsed Time X:XX	Lap	
TO GO	START	HER	E WITH 25	LAPS	FOR A	10-km	race	on a 4	00-me	eter tra	ck, or	a 50-k	m rac	e on a	2-km	course	(25 la	ps tota	al = 24	laps to	o go at	first re	ecorde	d time)							
24																															
23																														П	
22																															
21																															
20																															
	START	HER	E WITH 20	LAPS	FOR A	20-km	race	on a 1-	km cc	urse, o	r 50-k	m race	on a	2.5-km	cours	e (20 la	aps to	tal = 1	9 laps	to go a	at first	record	ed tim	e)			ı				
19																												 			
18																															
17																												 			
16																														П	
15																															
14																														П	
13																															
	START	HER	E WITH 12.	.5 LAF	S FOR	A 5-k r	n race	on a	400-m	eter tra	ick (s	tart on	oppos	site side	of tra	ack; 12.	.5 laps	s total :	= 12 la	aps to	go at fi	rst rec	orded	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		2:55																						12	3:38	15	3:39	14	3:45	2.5	
	START	HER	E WITH 10	LAPS	FOR A	20-km	race	on a 2.	0-km	course	(or a '	10-km	race o	n a 1.0	-km c	ourse;	10 lap	s total	= 9 la	ps to g	o at fir	st reco	orded t	ime)							
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		6:24			<u>13</u>	6:28	<u>12</u>	6:44	<u>15</u>	6:45	4.5	
			E WITH 7.5 RT HERE W																	to go a	ıt first r	ecorde	ed time	e)							
7	5	6:25																<u>14</u>	7:35	<u>10</u>	7:48	<u>11</u>	7:51	<u>13</u>	7:53	<u>12</u>	8:14	<u>15</u>	8:15	5.5	
6	5	7:35	1	4	7:37	3	7:38	2	7:45									14	8:40	<u>10</u>	9:14	<u>11</u>	9:18	<u>13</u>	9:34	<u>15</u>	9:44	<u>12</u>	9:45	6.5	
5	1	8:45	5 8:46	4	8:47	3	8:48	2	9:00									<u>10</u>	10:40	<u>11</u>	10:45	<u>13</u>	10:59	15 _{2x}	11:14	12 _{2x}	11:15	14	DNF	7.5	
4	1	9:55	3 10:00		10:08	4	10:09		10:10									<u>10</u>	12:06		12:07				12:43	15 _{2x}	12:45			8.5	
	START	HER	E WITH 3.7	'5 LAF	S FOR	1.5-kn	n race	on a 4	100-m	eter tra	ck (st	art 100) m af	ter finis	h line,	3.75 la	aps to	tal = 3			first re										
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	<u> </u>		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

#1419 = Hip #5 = blu T & S #1424 = Hip #10 = pink T, blk S

#1427 = Hip #13 = grn T, blk S #1428 = Hip #14 = orng T & S

#1417 = Hip #3 = blu T, blk S, grn Shoes

#1425 = Hip #11 = yel T, blk S

#1429 = Hip #15 = grn T & S

#1418 = Hip #4 = red T & S

#1426 = Hip #12 = blk T & S

Circle to indicated lapped athlete.

#2x Footnote to indicate lapped twice.

EXERCISE FOR LAP SCORERS in a 5-km race

Athlete	Elapsed	Laps
Number 5	Time	to Go
-	0:35	
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	5:13	9
14	5:15	9
14	ა. 13	J

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
10		_	

12 11:15 5 lapped twice

Race starts at 0:00:00.00

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) - Ahtlete 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 \leq 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)

	Athlet	e Num	bers (1-5 & 1	10-15)	
Α	5	12	14			
В	10	12	14			
С	5	14	15			
D	10	14	15			
Е	1	5	12	14		
F	2	10	14	15		
G	3	5	12	14		
Н	4	10	14	15		
l	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		
Ν	1	10	12	14		
0	2	5	14	15		
Р	3	10	12	14		
Q	4	5	14	15		
R	5	13	14	15		

EXERCISE FOR CHIEF LAP SCORER in a 5-km race

Athlete	Elapsed	Laps
Number	Time	to Go
5	0:35	12
followe	ed by	
tight p	ack	
of athle	etes,	
then		
13	0:40	12
14	0:40	12
12	0:45	12
5	1:45	11
followe	ed by	
tight p	ack	
of athl		
	•	
then		
13	2:08	11
12	2:10	11
14	2:15	11
5	2:55	10
Ü		10
followe	ed by	10
followe	ed by back	10
followe	ed by back	10
followe	ed by back	10
follower tight pof athlet then	ed by back etes,	10
follower tight pof athlet	ed by back etes,	
follower tight pof athlet then	ed by back etes,	10
follower tight profragment of athless then 12 15 14 5	ed by back etes, 3:38 3:39	10
follower tight pof athlet then 12 15	ed by pack etes, 3:38 3:39 3:45	10 10 10
follower tight profragment of athless then 12 15 14 5	ed by pack etes, 3:38 3:39 3:45	10 10 10 9
follower tight professional then 12 15 14 5 4	ack etes, 3:38 3:39 3:45 4:05	10 10 10 9 9
follower tight professional formation of athless then then the follower formation for a thickness of the follower formation of the follower formation of the follower formation for a thickness of the follower formation of the follower formation of the follower formation for a thickness of the follower formation of the follower fo	ack etes, 3:38 3:39 3:45 4:05	10 10 10 9 9 9
follower tight professional then 12 15 14 5 4 1	3:38 3:39 3:45 4:05	10 10 10 9 9 9
follower tight professional formation of athless then then the follower formation for a thickness of the follower formation of the follower formation of the follower formation for a thickness of the follower formation of the follower formation of the follower formation for a thickness of the follower formation of the follower fo	3:38 3:39 3:45 4:05 4:10	10 10 10 9 9 9
follower tight professional formula for the following of athless then then the following formula for the following for the f	ad by back etes, 3:38 3:39 3:45 4:05 4:10	10 10 10 9 9 9
follower tight prof athlet then 12 15 14 5 4 1 10 11 13	ad by back etes, 3:38 3:39 3:45 4:05 4:10 4:56 4:58 5:03	10 10 10 9 9 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	44.45	_	Lancard College

12 11:15 5 lapped twice

Race starts at 0:00:00.00

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) - Ahtlete 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	Finished
13 1424	17:42		Finished
	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	r <u><</u> 12.5 laps		Dista	nce	Heat	F M	_ Date		Time of day a	at start		She	etof
Elapsed time at start = 0:00	0:00	Lap S	corer's Nam	e				Official's	Number		Signa	ture	
Athlete's Name				Bib #	Hip #	Unif	orm Colors:	Гор	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 #	Unif	orm Colors:	Гор	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 #	Unife	orm Colors:	Гор	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 #		orm Colors:	Гор	Bottom	Shoes	•	M	
<u> </u>	11	10	9	: Bib # 8				Гор	Bottom	Shoes_	•	F M FINISH TIME	
Athlete's Name		10			Hip #	Unife	orm Colors:				F		
Athlete's NameLAPS TO GO 12	11	10	9	8	Hip #	Unif	orm Colors: 7			2	F		
Athlete's Name_ LAPS TO GO 12 Elapsed Time: :	11 :	10	9	8	Hip #7	Unifo	orm Colors: 7	:		2	1 :		
Athlete's NameLAPS TO GO	11 :	10 :	9	:	Hip # 7 :	Unifo	orm Colors: 7	:	:	:	1 :	FINISH TIME :	
Athlete's Name	11 :	:	9 :	8 : : : : : : : : : : : : : : : : : : :	Hip #	Unifo	orm Colors: 7	: : :	3 : : : : : : : : : : : : : : : : : : :	2 : : : : : : : : : : : : : : : : : : :	F	FINISH TIME : :	
Athlete's NameLAPS TO GO	11 :	:	9 :	8 : : Bib #	Hip #	Unifo	orm Colors: ¹ 5 : : : orm Colors: ² 5		3 : : : : : : : : : : : : : : : : : : :	2 : : : : : : : : : : : : : : : : : : :	F 1 5 F 1	FINISH TIME : : : M FINISH TIME	
Athlete's Name	11 :	:	9 :	8 : : Bib #	Hip #	Unife 6 : : Unife 6 : : : : : : : : : : : : : : : : : :	orm Colors: 5	4 : :	3 : : : : : : : : : : : : : : : : : : :	2 : : : : : : : : : : : : : : : : : : :	F 1 : : : : : : : : : : : : : : : : : :	FINISH TIME : : : M FINISH TIME	
Athlete's Name	11 :	:	9 :	8 : : Bib # 8 :	Hip #Hip #Hip #	Unife 6 : : Unife 6 : : : : : : : : : : : : : : : : : :	orm Colors: 5	4 : :	3 : : : : : : : : : : : : : : : : : : :	2 :	F 1 : : : : : : : : : : : : : : : : : :	FINISH TIME : : : F M FINISH TIME : :	
Athlete's Name	11 : : : : : : : : : : : : : : : : : :	10	9 :	8 :	Hip # 7 : : Hip # 7 : : Hip #	Unife 6 : Unife 6 : Unife 6 : Unife	orm Colors: 7 5 : : orm Colors: 7 : : orm Colors: 7	4 : :	3 : : : : : : : : : : : : : : : : : : :	2 :	F 1 : : : F	FINISH TIME : : : : F M FINISH TIME : : :	

Checked by Chief Lap Scorer: Name	Official's Number	Signature
Checked by Chief Lap Scorer, Name	Official S Nutriber	Signature

6.5

2,600 m

1.5

600 m

7.5

3,000 m

2.5

1,000 m

9.5

3,800 m

4.5

1,800 m

0.75

300 m

8.5

3,400 m

3.5

1,400 m

10.5

4,200 m

5.5

2,200 m

1.75

700 m

11.5

4,600 m

6.5

2,600 m

2.75

1,100 m

12.5

5,000 m

7.5

3,000 m

3.75

1,500 m

5.5

2,200 m

0.5

200 m

4.5

1,800 m

0.5

200 m

Laps completed Distance (5K)

Laps completed

Laps completed

Distance (1.5K)

Distance (3K)

1.5

600 m

2.5

1,000 m

3.5

1,400 m

0.5

200 m

Laps completed

Laps completed

Laps completed

Distance (1.5K)

Distance (5K)

Distance (3K)

1.5

600 m

2.5

1,000 m

3.5

1,400 m

4.5

1,800 m

Elapsed time at start = 0:00:00 Lap Scorer's Name Jov Volunteer Official's Number 026023 Uniform Colors: Top_red_ F_X M__ Athlete's Name_ Amy Schnell Bib #__1415_ Hip #__1_ Bottom _blk__ Shoes Hip #1 LAPS TO GO 11 10 9 8 6 2 **FINISH TIME** 5 6:27 8:45 9:55 Hip #1 Elapsed Time: 0:35 1:45 2:57 4:10 5:17 7:36 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 Shoes_grn_ Athlete's Name Carmen Schnell Bib #__1417_ Hip #__3__ Uniform Colors: Top_blu___ Bottom _blk__ F_X M___ 74ip #3 LAPS TO GO 12 10 9 5 2 FINISH TIME 11 8 7 6 4 3 1 74ip #3 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 1:12 1:13 1:09 1:07 1:10 1:12 1:12 1:12 Time for lap: 1:11 1:10 1:12 1:24 Bib # 1419 Hip # 5 Uniform Colors: Top blu Bottom blu Athlete's Name **Emily Schnell** Shoes F_<u>X</u> М Hip #5 = Bib #1419 LAPS TO GO 12 11 10 9 8 6 5 4 3 2 FINISH TIME 1 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 Hip #5 15:12 1:10 1:10 1:22 #1419 Time for lap: 1:10 1:10 1:10 1:10 1:11 1:25 1:13 1:13 1:13 Athlete's Name Ingrid Langsam Bib # 1425 Hip # 11 Uniform Colors: Top yel Bottom blk Shoes F_<u>X</u> M___ Hip #11 LAPS TO GO 10 5 FINISH TIME 11 8 2 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 Hip #11 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_ Katherine Langsam_ Bib #__1427_ Hip #__13__ Uniform Colors: Top_grn__ Bottom _blk_ Shoes F_<u>X</u> M__ Hip #13 LAPS TO GO 12 11 10 9 8 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 Hip #13 17:42 1:25 1:25 1:25 Time for lap: 1:28 1:29 1:26 1:25 1:25 1:41 1:25 1:11 1:17 Margaret Langsam Bib # 1429 Hip # 15 Bottom grn Shoes. F_X M___ Athlete's Name Uniform Colors: Top grn Hip #15 LAPS TO GO 12 11 10 9 8 7 6 5 3 2 1 **FINISH TIME** Saw athlete but didn't get Elapsed Time: Hip #15 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 time with 4 to go

Checked by Chief Lap Scorer: Name <u>Joseph Volunteer</u> Official's Number <u>026024</u> Signature <u>Inseph Volunteer</u>

6.5

2,600 m

1.5

600 m

7.5

3,000 m

2.5

1,000 m

8.5

3,400 m

3.5

1,400 m

9.5

3,800 m

4.5

1,800 m

0.75

300 m

10.5

4,200 m

5.5

2,200 m

1.75

700 m

11.5

4,600 m

6.5

2,600 m

2.75

1,100 m

12.5

5,000 m 7.5

3,000 m

3.75

1,500 m

5.5

2,200 m

0.5

200 m

Checked by Chief Lap Scorer: Name_

Joseph Volunteer

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 Athlete's Name_ Barbara Schnell Uniform Colors: Top_blu__ Hip #2 Bib #__1416_ Hip #__2__ Bottom _blk__ Shoes_wh_ F_X M__ LAPS TO GO 11 10 8 6 5 2 FINISH TIME 2:58 Hip #2 Elapsed Time: 0:36 1:47 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 Bib #__1418_ Hip #__4__ F_X M__ Athlete's Name Debra Schnell Uniform Colors: Top_red_ Bottom _red__ Shoes Hip #4 LAPS TO GO 12 10 2 FINISH TIME 11 9 8 7 6 5 4 3 1 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 Hip #4 1:10 1:09 1:10 1:10 1:22 Time for lap: 1:11 1:11 1:11 1:34 1:14 1:14 1:14 Athlete's Name Holly Langsam Bib # 1424 Hip # 10 Bottom blk Uniform Colors: Top pink Shoes F_<u>X</u> M___ Hip #10 = Bib #1424 LAPS TO GO 12 11 10 9 8 6 5 4 3 2 FINISH TIME 1 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 Hip #10 17:55 1:26 1:26 1:26 1:26 #1424 Time for lap: 1:26 1:26 1:26 1:26 1:26 1:26 1:26 1:31 Athlete's Name Julie Langsam Bib # 1426 Hip # 12 Uniform Colors: Top blk Bottom _blk__ Shoes F_<u>X</u> M___ Hip #12 LAPS TO GO 11 10 5 FINISH TIME missed scoring Lap 9 8 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 with 4 to go: time ~ 2x Hip #12 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 checked with Chief Athlete's Name_ Lucy Langsam Bib #__1428_ Hip #__14__ Uniform Colors: Top_orng__ Bottom _orng_ Shoes F_<u>X</u> M___ Hip #14 LAPS TO GO 12 11 10 9 8 6 5 3 2 1 **FINISH TIME** Elapsed Time: 0:40 2:15 3:45 5:15 6:25 7:35 8:40 DNF Hip #14 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 3 2 1 FINISH TIME Elapsed Time: Time for lap: 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 Laps completed 3,800 m 4,200 m 4,600 m 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 5,000 m 1.5 2.5 4.5 7.5 Laps completed 0.5 3.5 5.5 6.5 200 m 600 m 1,000 m 1,400 m 1,800 m 2,200 m 2,600 m 3,000 m Distance (3K) 0.75 2.75 3.75 Laps completed 1.75 300 m 700 m 1,100 m 1,500 m Distance (1.5K)

Official's Number_

026024

Signature___

Joseph Volunteer

LAP	SCORING	SHEET	for <	<25 laps	
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0.5

200 m

Laps completed

Laps completed

Laps completed

Distance (5K)

Distance (3K)

1.5

600 m

2.5

1,000 m

3.5

1,400 m

4.5

1,800 m

5.5

2,200 m

0.5

200 m

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 13 23 22 21 20 19 18 17 16 15 14 Elapsed Time: Time for lap: 11 10 9 7 2 LAPS TO GO 8 6 5 3 1 FINISH TIME 4 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 6 5 4 3 2 1 FINISH TIME Elapsed Time: Time for lap: Uniform Colors: Top_ Athlete's Name Bib # Hip #_ **Bottom** Shoes_ F__ M___ LAPS TO GO 24 23 22 21 20 17 16 14 13 19 18 15 Elapsed Time: Time for lap: LAPS TO GO 10 FINISH TIME 12 11 9 8 6 5 4 3 2 1 Elapsed Time: Time for lap: 3 4 5 6 8 10 12 Laps completed 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 Distance (10K) 13 14 15 16 17 18 19 20 21 22 23 24 25 Laps completed 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 Distance (10K)

Distance (1.5K)		300 m	700 m	1,100 m	1,500 m	
Checked by Chief Lap Scorer: Name	Official's Number		_ Signature_			

6.5

2,600 m

1.5

600 m

7.5

3,000 m

2.5

1,000 m

8.5

3,400 m

3.5

1,400 m

9.5

3,800 m

4.5

1,800 m

0.75

10.5

4,200 m

5.5

2,200 m

1.75

11.5

4,600 m

6.5

2,600 m

2.75

12.5

5,000 m

7.5

3,000 m

3.75

LAP SCORING SHEET for ≤12.5 laps	Distance	Heat F M_	_ Date	Time of day at start		Sheetof
Elapsed time at start = 0:00:00	Lap Scorer's Name			Official's Number	Signature	

Athlete's Name				Bib #	Hip #	Unifo	orm Colors: 7	Гор	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									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 #	Unif	_ Uniform Colors: Top			Shoes	hoes F_ M_		
LAPS TO GO	12	11	10	9	8	7	6	5	4	3	2	1	FINISH TIM	
Elapsed Time:	:	:	:	:	:	:	:	:	:	:	:	:	:	
Time for lap:		:	:	:	:	:	:	:	:	:	:	:	:	

Athlete's Name_					Bib #	Hip #	Unif	orm Colors: 7	Гор	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	
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EXERCISE FOR LAP SCORERS IN 3-KILOMETER RACE

Athlete	Elapsed	Laps	Notes
Number	Time	to Go	
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 3 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		

Race starts at 0:00:00.00

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 EXAMPLE

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

Elapsed time at start = 0:00:00

Distance (1.5K)

Checked by Chief Lap Scorer: Name_

Lap Scorer's Name

Joseph Volunteer

Jov Volunteer

Official's Number

300 m

700 m

026024 Signature Joseph Volunteer

1,100 m

1,500 m

026023

Signature Oou Holunteen

Sheet_2_of_6_

	Elapsed time at	start = 0:00	0:00	Lap S	scorer's Nam	e	<u>Jo</u>	/ Volunteer_		Official's Nu	umber	026023	Signatui	'E <u>Joy Volunteer</u>	
	Athlete's Name		Ada	a Moore		Bib #	<u>1203</u> _ Hip #	Un	iform Colors:	Top_blue_	Bottom _bl	ack Shoes	F	_ <u>X</u> M	
	LAPS TO GO	12	11	10	9	8	7	6	5	4	3	2	1	FINISH TIME	
203	Elapsed Time:	:	:	:	:	:	1:15	3:45	6:15	8:45	11:15	13:45	16:15	18:45	1203
	Time for lap:		:	:	:	:	:	2:30	2:30	2:30	2:30	2:30	2:30	2:30	
	Athlete's Name		Cathy	Moore_		Bib #′	1215_ Hip #_	Uni	form Colors:	Top_ <u>blue</u> _	Bottom _blu	ue_ Shoes_	<u>white</u> F	<u>X</u> M	
	LAPS TO GO	12	11	10	9	8	7	6	5	4	3	2	1 1	FINISH TIME	
15	Elapsed Time:	:	:	:	:	:	1:30	4:30	7:30	10:25	13:32	16:32	'	DNF	1215
10	Time for lap:	<u> </u>	:	· :	<u> </u>	· :	1.00	3:00	3:00	2:55	3:07	3:00		·	1210
	Time for lap.		•	•	•		•	3.00	3.00	2.00	3.07	3.00		•	
	Athlete's Name		Betty	Moore_		Bib # <u>1</u>	<u>219</u> _ Hip #_	Unif	orm Colors: T	op_ <u>blue</u> _	Bottom _blu	e Shoes	<u>blue</u> F_	<u>X</u> M	
	LAPS TO GO	12	11	10	9	8	7	6	5	4	3	2	1	FINISH TIME	
19	Elapsed Time:	:	:	:	:	:	1:20	4:00	6:40	9:20	12:00	14:40	17:20	20:00	1219
	Time for lap:		:	:	:	:	:	2:40	2:40	2:40	2:40	2:40	2:40	2:40	
			5 :			D.,				_	5	01		- V	
	Athlete's Name		Daisy	<u>Moore</u>		Bib # <u>1</u>	<u> 237</u> _ Hip #_	Unit	form Colors:	lop <u>green</u>	Bottom <u>g</u>	reen Sho	oes	F_ <u>X</u> M	
	LAPS TO GO	12	11	10	9	8	7	6	5	4	3	2	1	FINISH TIME	
37	Elapsed Time:	:	:	:	:	:	1:30	4:31	7:31	10:30	13:31	16:29	19:31	22:30	1237
	Time for lap:		:	:	:	:	:	3:01	3:00	2:59	3:01	2:58	3:02	2:59	
_	<u> </u>														
	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	
	1										000	700	4 400	4 500	

Official's Number_