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 L	AP SCORER	'S SHE	ET - F(OR 1.5-	km 3-k	m, 5-kn	n, 10-ki	m, 20-k	m, and	d 50-km	races.			Distan	ce		Hea	t F	M	Da	ate			Time of	day a	t start_					
Elapsed t	time at start =	= 0:00:0	0			Officia	l's Nan	ne								Official'	's Num	ber				Signati	ıre					_			
LAPS TO GO	Athlete Time Number X:XX	Number	X:XX	Athlete Number		Athlete Number	Time X:XX		Time X:XX	Athlete Number	Time X:XX	Number				Athlete Number 25 Iaps		Athlete Number 24 Iaps	Time X:XX	Number	Time X:XX		Time X:XX	Athlete Number	Time X:XX	Athlete Number	Time X:XX	Athlete Number	Time X:XX	Lap	
24																															
23																															
22																															
21																															
20																															
	START HEF	RE WITH	1 20 LA	PS FO	R A 20-	-km rac	e on a	1-km c	ourse,	or 50-k	m race	on a 2.	.5-km	course	(20 lap	s total :	= 19 la	ps to go	o at firs	st record	ded tin	ne)								<u> </u>	
19																														Ш	
18																															
17																															
16																														\Box	
15																															
14																															
13		1																													
	START HER	KE WITH	1 12.5 1	APS F	ORA:	5-km ra	ce on	a 400-r	neter	track (start on	opposi	te side	or trac	K; 12.5	laps to	tai = 12	z iaps t	o go a	t first re	corae	time)				!					
12																														Ш	
11																															
10																															
	START HER	KĖ WITE	1 10 LA	PS FO	R A 20	-km rad	ce on a	2.0-km	cours	e (or a	10-km	race on	a 1.0-	km cou	ırse; 10) laps to	otal = 9	laps to	o go at	first red	corded	time)								\equiv	
9		_																												\sqcup	
8		<u> </u>						<u> </u>		<u> </u>				Ĺ.,								Ļ								Ш	
	START HER ALSO STA	RE WITE	T 7.5 L/ RE WIT	H 8 LA	PS FOI	km rac R A 20-	e on a km rac	400-m e on a 2	eter tr 2.5-km	ack (st	art on o	opposite s total =	side o	of track s to go	at first	ps total recorde	= / lap ed time)	os to go)	o at firs	st record	ied tim	ie)									
7																															
6																															
5				Ì																										\Box	
4																														\Box	
	START HEF	RE WITH	H 3.75 I	LAPS F	OR 1.5	-km ra	ce on	a 400-n	neter t	rack (s	start 10	0 m afte	er finisl	n line, 3	3.75 lap	os total	= 3 lap	s to go	at first	t record	ed time	e)						Ц			
3		T				<u> </u>												5-				ĺ									
2	<u> </u>	+																												\vdash	
1		+																												$\vdash \vdash$	
FINICII		+-		—		—		\vdash		-						—	_			\vdash		<u> </u>				\vdash				\longmapsto	

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.

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

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

LAPS TO GO	Athlete Number		Athlete Number	Time X:XX	Athlete Number	Time X:XX	Athlete Number -KM rac	Time X:XX Ce on a			Athlete Number ack , Of	Time X:XX	Athlete Number	X:XX	Number	Time X:XX Urse (2		Time X:XX TOTAL =	Athlete Number 24 Iaps	Time x:xx	Athlete Number at first	Time X:XX record	Athlete Number	Time X:XX	Athlete Number	Time X:XX	Athlete Number	Time X:XX	Athlete Number	Time X:XX	Lap
24																															
23																															
22																															
21																															
20																															
	STAF	RT HERI	WITH	20 LA	PS FO	R A 20	-km rac	e on a	1-km c	ourse,	or 50-k	m race	on a 2	2.5-km	course	(20 lap	s total	= 19 la	ps to g	o at fire	t recor	ded tim	ne)								_
19																													Ь—		
18																													Ь		
17																													Щ		
16																													Щ		
15																													Ь		
14																													Ь		
13	L	кт некі		1.7 6 1	A 1 75 - 1		E 1/100 W/	200 00	0 400 F	2000	#00k (4	tort or	Onnoc	uto olda	0.00	V: 1:1 E	lone to	3*0! = 1	7 lone t	20.00.0	turot ro	oordoo	timo						<u> </u>		
	1		_ vviii	1 12.5 L	I	OKA :	J-KIII 12	ace on	a 400-i	neter t	iack (S	start Or	l oppos	site site	l	K, 12.0	laps ic)(a) = 1.	2 1aps 1	10 go a	I	coruec	l tille)		40		l				
12	5	0:35			-																_				13	0:40	14	0:40	12	0:45	_
11	5	1:45			-																_				13	2:08	12	2:10	14	2:15	-
10	5 STAF	2:55 KT HEKI	<u> </u> = WITE	10 LA	 .PS FO	R A 20	-km rad	ce on a	2.U-KM	course	e (or a	10-km	race o	n a 1.0	km cou	ırse; 10	l Diaps t	otai = 9	iaps to	go at	Tirst red	coraea	time)		12	3:38	15	3:39	14	3:45	2.5
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		4.5
		RT HERI O STAF																		at firs	t record	ded tim	e)								
7	5	6:25																	14	7:35	<u>10</u>	7:48	11	7:51	<u>13</u>	7:53	12	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	11	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	11	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	5	10:08	4	10:09	2	10:10									<u>10</u>	12:06	11	12:07	13 _{2x}	12:24	12 _{2x}	12:43	15 _{2x}	12:45			8.5
	STAF	(T HERI	1	3.75 L	1	UR 1.5	o-km ra	ce on	a 400-n	neter ti	rack (S	tart 10	u m an	er tinis	n line, 3	3.75 Iap	os total	= 3 lap	Ť	at first		ed 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	Ь—		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	Ь—		10.5
1 FINISH	1	13:25	3	13:36	2		1419	13:59	4	14:11							<u> </u>		1424	16:24	13	16:25	11	16:40	15	17:03	12	17:15	Ь—		11.5
TIME:	1	14:35	2	14:47	3	15:00	1419			15:25			I		l				13	17:42	1424		11	18:07	15	18:32	12	18:45	1		12.5

Athlete #1415 = Hip #1 = red Top & black Shorts #1416 = Hip #2 = blu T, blk S, wh Shoes

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

#1418 = Hip #4 = red T & S

#1419 = Hip #5 = blu T & S

#1424 = Hip #10 = pink T, blk S

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

#1426 = Hip #12 = blk T & S

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

#1429 = Hip #15 = grn T & S

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

EXERCISE FOR LAP SCORERS in a 5-km race

Athlete	Elapsed	Laps to
Number	Time	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
l 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
	2.10	

LING III	а 5-кт	race	
Athlete	Elapsed	Laps to	Notes
Number 5	Time 5:15	Go 8	
4	5:16	8	
1	5:17	8	
3	5:17	8	
2		8	
10	5:22	8	
11	6:22	-	
5	6:24	8 7	
	6:25	•	lamaad
14 4	6:25	8	lapped
	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

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 ≤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

Lap so	Joi ets F	t unouç	JII K			
	Athlete	e Numb	ers (1-	5 & 10	-15)	
Α	5	12	14	l		
В	10	12	14			
С	5	14	15			
A B C D E F G	10	14	15			
Е	1	5	12	14		
F	2	10	14	15		
G	3	5	12	14		
Н	4	10	14	15		
I	5	11	12	14		
J K L M	10	13	14	15		
K	1	3	5	11	14	15
L	2	4	10	12	13	14
	5	11	14	15		
N	1	10	12	14		
0	2	5	14	15		
Р	3	10	12	14		
N O P Q R	4	5	14	15		
R	5	13	14	15		

EXERCISE FOR CHIEF LAP SCORER in a 5-km race

Athlete	Elapsed	Laps to
Number	Time	Go
5	0:35	12
ľ	0.00	
followe		
tight p	ack	
of athle	etes,	
then		
13	0:40	12
14	0:40	12
12	0:45	12
5	1:45	11
followe tight p of athle	ack	
then		
13	2:08	11
12	2:10	11
14		11
5	2:15	
	2:55	10
followe tight p of athle	ack	
then		
12	3:38	10
15	3:39	10
14	3:45	10
5		9
	4:05	
4		9
l 1	4:10	9
l '		
·		
10	4:56	9
10 11	4:56 4:58	9
10 11 13		9 9
10 11	4:58	9
10 11 13	4:58 5:03	9 9

Athlete Number	Elapsed Time	Laps to Go	Notes
5	5:15	8	
4		8	
1	5:17	8	
3	5:21	8	
"	0.21	Ū	
10	6:22	8	
11	6:24	8	
5	6:25	7	
14	6:25	8	lapped
4		7	
l i		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

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	
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
	COCINITO	OTTLE I TO	- 12.0 lups

Laps completed Distance (3K)

Laps completed

Distance (1.5K)

Elapsed time at start = 0:00:00 Athlete's Name LAPS TO GO Elapsed Time: Time for lap: Athlete's Name LAPS TO GO Elapsed Time: LAPS TO GO Elapsed Time: ELAPS TO GO Elapsed Time: ELAPS TO GO Elapsed Time:	12.5 laps		Distar	nce	Heat	F M D	ate	Time o	of day at start_			Sneetof		
Elapsed time at	start = 0:00:0	00	Lap S	corer's Name				Of	ficial's Numbe	er	Si	ignature		
Athlete's Name_				B	Bib #	Hip #	Uniform Cold	ors: Top	_ Bottom _	Shoe	s 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_				B	Bib #	Hip #	Uniform Cold	ors: Top	_ Bottom _	Shoe	s F	M		
LAPS TO GO	12	11	10	9	8	7	6	5	4	3	2	1	FINISH TIME	
Elapsed Time:	:	:	:	:	:	:	:	:	:	:	:	:	:	
Time for lap:		:	:	:	:	:	:	:	:	:	:	:	:	
Totaletele Neme					n:h #	11: #	Liniform Colo	To :-	Dettern	Chan				
Athlete's Name_				E	Bib #	Hip #	Uniform Cold	ors: IOP	_ Bottom _	Shoe	S F.	M		
LAPS TO GO	12	11	10	9	8	7	6	5	4	3	2	1	FINISH TIME	
Elapsed Time:	:	:	:	:	:	:	:	:	:	:	:	:	:	
Time for lap:		:	:	:	:	<u> </u>	:	:	<u> </u>	:	:	:	:	
1													<u>'</u>	
Athlete's Name_				E	Bib #	Hip #	Uniform Cold	ors: Top	_ Bottom _	Shoe	s 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 Cold	ara: Tan	Dottom	Shoe	·	M	-	
Athlete's Name_					SID #	nip #	Unilorm Cold	ors: rop	_ Bottom _	Snoe:	s r	IVI		
LAPS TO GO	12	11	10	9	8	7	6	5	4	3	2	1	FINISH TIME	
Elapsed Time:	:	:	:	:	:	:	:	:	:	:	:	:	:	
Time for lap:		:	:	:	:	:	:	:	:	:	:	:	:	
Athletele N					1:1- #	1 lin #	Liniform Coli	To a	Detter	Ch		M		
Athlete's Name_				E	Bib #	Hip #	Uniform Cold	ors: IOP	_ Bottom _	Shoe	S F	M		
LAPS TO GO	12	11	10	9	8	7	6	5	4	3	2	1	FINISH TIME	
Elapsed Time:	:	:	:	:	:	:	:	:	:	:	:	:	:	
Time for lap:		:	:	:	:	:	:	:	:	:	:	:	:	
	T .	1	T .	1 .	T .	1	1 .	I _	T .		T .	T .	· · · · · · · · · · · · · · · · · · ·	
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	

Checked by Chief Lap Scorer: Name_ Official's Number_ Signature_

600 m

1,000 m

1,400 m

1,800 m

0.75

300 m

2,200 m

1.75

700 m

2,600 m

2.75

1,100 m

3,000 m

3.75

1,500 m

200 m

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.

Joseph Volunteer

Sheet__1__of__2__

Elapsed time at start = 0:00:00

Checked by Chief Lap Scorer: Name_

	Athlete's Name_	Amy	Athlete's Name Amy Schnell			1 Unifo	rm Colors: Top	o <u>red</u> Bo	ttom <u>blk</u>	Shoes	F_ <u>X</u> N	И			Hip #1		
	LAPS TO GO	12	11	10	9	8	7	6	5	4	3	2	1 1	FINISH TIME	-		
ip #1	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_	Carr	nen Schnell	Bib #	<u>1417_</u> Hip	#_ <u>3</u> Ur	niform Colors:	Top_ <u>blu</u>	Bottom <u>blk</u>	Shoes_gr	<u>n F_X</u>	M			Hip #3		
	LAPS TO GO	12	11	10	9	8	7	6	5	4	3	2	1	FINISH TIME	-		
if #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			
	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>Emi</u>	y Schnell	Bib #	<u>1419</u> Hip #_	<u>5</u> Unifo	orm Colors: To	p <u>blu</u> Bo	ottom <u>blu</u>	Shoes	F_ <u>X</u>	M			Hip #5 = Bib #1419		
	LAPS TO GO	12	11	10	9	8	7	6	5	4	3	2	1	FINISH TIME	1		
ip #5	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	1		
1419	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	Inari	d Langsam	Bib#	<u>1425</u> Hip #	‡ 11 U	Iniform Colors	: Top yel	Bottom <u>blk</u>	Shoes	F_ <u>X</u>	M			Hip #11		
	_					_ _					· _ _				# <i>\tip</i> #((
	LAPS TO GO	12	11	10	9	8	7	6	5	4	3	2	1	FINISH TIME			
p #11	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_	Kath	erine Langsar	<u>n</u> B	ib # <u>1427</u> _ F	Hip # <u>13</u>	Uniform Co	olors: Top <u>grn</u>	Bottom	<u>blk</u> Shoe	es F	_ <u>X</u> M			Hip #13		
	LAPS TO GO	12	11	10	9	8	7	6	5	4	3	2	l 1	FINISH TIME	4		
ip #13	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:	0.10	1:28	1:29	1:26	1:25	1:25	1:41	1:25	1:25	1:25	1:25	1:11	1:17	-		
	1																
	Athlete's Name	Man	garet Langsam	<u>1</u> Bi	b# <u>1429</u> F	lip# <u>15</u>	Uniform Co	lors: Top grn	Bottom	grn Shoe	es F	<u>X</u> M			Hit #15		
	Athlete's Name_	Man	garet Langsan	<u>1</u> Bi	b# <u>1429</u> F	lip # <u>15</u>	Uniform Co	lors: Top <u>grn</u>	Bottom _	grn Shoe	es F				Hip #15		
	LAPS TO GO	12	11	10	9	8	7	6	5	<u>arn</u> Shoe	3	2	1	FINISH TIME	Saw athlete		
½ #15	LAPS TO GO Elapsed Time:		11 2:07	10 3:39	9 5:14	8 6:45	7 8:15	6 9:44	5 11:14		3 14:15	2 15:34	17:03	18:32	Saw athlete but didn't get		
ip #15	LAPS TO GO	12	11	10	9	8	7	6	5		3	2			Saw athlete but didn't get		
iep #15	LAPS TO GO Elapsed Time: Time for lap:	12 0:39	11 2:07 1:28	10 3:39 1:32	9 5:14 1:35	8 6:45 1:31	7 8:15 1:30	6 9:44 1:29	5 11:14 1:30	4	3 14:15 3:01	2 15:34 1:29	17:03 1:29	18:32 1:29	Saw athlete but didn't get		
ip #15	LAPS TO GO Elapsed Time: Time for lap:	12 0:39	11 2:07 1:28	10 3:39 1:32	9 5:14 1:35	8 6:45 1:31	7 8:15 1:30	6 9:44 1:29	5 11:14 1:30	8.5	3 14:15 3:01	2 15:34 1:29	17:03 1:29 11.5	18:32 1:29 12.5	Saw athlete but didn't get		
up #15	LAPS TO GO Elapsed Time: Time for lap: Laps completed Distance (5K)	12 0:39	11 2:07 1:28	10 3:39 1:32	9 5:14 1:35	8 6:45 1:31	7 8:15 1:30 5.5 2.200 m	6 9:44 1:29 6.5 2.600 m	5 11:14 1:30 7.5 3.000 m	8.5 3.400 m	3 14:15 3:01 9.5 3.800 m	2 15:34 1:29 10.5 4,200 m	17:03 1:29 11.5 4.600 m	18:32 1:29 12.5 5.000 m	Saw athlete but didn't get		
Цц #15	LAPS TO GO Elapsed Time: Time for lap: Laps completed Distance (5K) Laps completed	12 0:39	11 2:07 1:28	10 3:39 1:32	9 5:14 1:35	8 6:45 1:31	7 8:15 1:30 5.5 2,200 m 0.5	6 9:44 1:29 6.5 2,600 m 1.5	5 11:14 1:30 7.5 3.000 m 2.5	8.5 3.400 m 3.5	3 14:15 3:01 9.5 3.800 m 4.5	2 15:34 1:29 10.5 4,200 m 5.5	17:03 1:29 11.5 4.600 m 6.5	18:32 1:29 12.5 5.000 m 7.5	Saw athlete but didn't get		
lip #15	LAPS TO GO Elapsed Time: Time for lap: Laps completed Distance (5K)	12 0:39	11 2:07 1:28	10 3:39 1:32	9 5:14 1:35	8 6:45 1:31	7 8:15 1:30 5.5 2.200 m	6 9:44 1:29 6.5 2.600 m	5 11:14 1:30 7.5 3.000 m	8.5 3.400 m	3 14:15 3:01 9.5 3.800 m	2 15:34 1:29 10.5 4,200 m	17:03 1:29 11.5 4.600 m	18:32 1:29 12.5 5.000 m	Saw athlete		

Official's Number_

026024 Signature <u>Joseph Volunteer</u>

LAP SCORING SHEET EXAMPLE

Laps completed

Distance (1.5K)

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 Jane Volunteer 026025 Signature <u>Jane Volunteer</u> Lap Scorer's Name_ Official's Number_ Athlete's Name Bib # <u>1416</u> Hip # <u>2</u> Uniform Colors: Top_blu__ Bottom blk Shoes wh F_X Hip #2 APS TO GO 12 11 10 9 FINISH TIME 3 9:00 Hip #2 Elapsed Time: 0:36 1:47 2:58 4:11 5:22 6:32 7:45 10:10 11:14 12:25 13:36 14:47 1:11 1:11 1:13 1:11 1:04 1:11 Time for lap: 1:10 1:13 1:15 1:10 1:11 1:11 Athlete's Name Debra Schnell Bib #__<u>1418</u> Hip #__4__ Uniform Colors: Top_<u>red</u>__ Bottom_<u>red</u>__ Shoes_ Hip #4 LAPS TO GO 12 11 10 9 5 3 2 FINISH TIME 6 4 Hip #4 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 Hip #10 = Bib #1424 LAPS TO GO 12 11 10 FINISH TIME 9 Hip #10 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 #1424 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 Julie Langsam Bottom blk Shoes Hip #12 APS TO GO 12 11 10 9 6 FINISH TIME missed scoring Lap Hip #12 Elapsed Time: 0:45 3:38 6:44 17:15 with 4 to go; time ~ 2x 2:10 5:13 8:14 9:45 11:15 14:05 15:45 18:45 1:25 1:28 1:35 1:31 1:30 1:31 1:30 2:50 1:40 1:30 1:30 Time for lap: checked with Chief Athlete's Name Bib #<u>1428</u> Hip #<u>14</u>__ Uniform Colors: Top<u>ornq</u> Bottom <u>ornq</u> Shoes_ Lucy Langsam Hip #14 APS TO GO 12 11 10 9 8 6 5 4 3 1 FINISH TIME Hip #14 Elapsed Time: 0:40 2:15 3:45 5:15 6:25 7:35 8:40 DNF 1:35 1:30 1:30 1:10 Time for lap: 1:10 1:05 Athlete's Name Bib# Hip# Uniform Colors: Top Bottom Shoes M_ LAPS TO GO 12 11 10 9 8 6 5 4 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 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 0.5 1.5 2.5 3.5 4.5 5.5 6.5 7.5 Laps completed Distance (3K) 200 m 600 m 1,000 m 1,400 m 2,200 m 2,600 m 3,000 m 1,800 m

Official's Number

0.75

300 m

Signature

026024

1.75

700 m

Joseph Volunteer

2.75

1,100 m

3.75

1,500 m

Elapsed time at start = 0:00:00			Lap S	Lap Scorer's Name Official's Number Signature									
Athlete's Name_				В	ib #	Hip #	Uniform Colo	rs: Top	Bottom	Shoes	s F	M	
APS TO GO	24	23	22	21	20	19	18	17	16	15	14	13	
Elapsed Time:	:	:	:	:	:	:	:	:	:	:	:	:	:
Time for lap:		:	:	:	:	:	:	:	:	:	:	:	:
APS TO GO	12	11	10	9	8	7	6	5	4	3	2	1	FINISH TIME
Elapsed Time:	:	:	:	:	:	:	:	:	:	:	:	:	:
Time for lap:		:	:	:	:	:	:	:	:	:	:	:	:
Athlete's Name				В	ib #	Hip #	Uniform Cold	rs: Top	_ Bottom _	Shoes	s F	M	
APS TO GO	24	23	22	21	20	19	18	17	16	15	14	13	Γ
Elapsed Time:	:	:	:	:	:	:	:	:	:	:	:	:	:
Time for lap:	·	:	:	:	:	:	:	:	:	:	:	:	:
APS TO GO	12	11	10	9	8	7	6	5	4	3	2	1	FINISH TIME
lapsed Time:	:	:	:	:	:	:	:	:	:	:	:	:	:
Time for lap:		:	:	:	:	:	:	:	<u> </u>	:	:	:	i :
Athlete's Name				В	ib #	Hip #	Uniform Cold	rs: Top	_ Bottom	Shoes	s F.	M	
4 DO TO OO	04	I 00	1 00	l 04	- 00	T 40	1 40	47	I 40	1 45	1 44	I 40	
APS TO GO	. 24	23	22	21 :	20	19	18	17 :	16	15	14	13	:
Elapsed Time: Time for lap:	:					+ :	:	:	:		:	:	
nine ioi iap:		 	 	· · ·		+	 		 	 	 	 	· ·
APS TO GO	12	11	10	9	8	7	6	5	4	3	2	1	FINISH TIME
lapsed Time:	:	:	:	:	:	:	:	:	:	:	:	:	:
- 1		:	:	:	:	:	:	:	:	:	:	:	:
Time for lap:													
Time for lap:										T			
·	1	2	3	4	5	6	7	8	9	10	11	12]
aps completed	1 400 m	2 800 m	3 1,200 m	4 1,600 m	5 2,000 m	6 2,400 m	7 2,800 m	8 3,200 m	9 3,600 m	10 4,000 m	11 4,400 m	12 4,800 m	
aps completed listance (10K) aps completed													25

Checked by Chief Lap Scorer: Name_____ Official's Number_____ Signature_____

1.5

600 m

2.5

1,000 m

3.5

1,400 m

4.5

1,800 m

0.75

300 m

5.5

2,200 m

1.75

700 m

6.5

2,600 m

2.75

1,100 m

7.5

3,000 m

3.75

1,500 m

0.5

200 m

Laps completed

Laps completed

Distance (1.5K)

Distance (3K)

LAP SCORING SHEET for ≤12.5 laps	

Laps completed

Distance (1.5K)

LAP SCORING	SHEET for <	12.5 laps		Distan	ce	Heat I	F M D	ate	Time o	of day at start_			She	eetof
Elapsed time a	Elapsed time at start = 0:00:00						Official's Number Signature							
Athlete's Name				В	ib # l	Hip #	Uniform Cold	rs: Top	_ Bottom	Shoes	s 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				B	ib # l	Hip #	Uniform Cold	rs: Top	_ Bottom	Shoes	s F_	M		
LAPS TO GO	12	11	10	9	8	7	6	5	4	3	2	1	FINISH TIME	
Elapsed Time:	:	:	:	:	:	:	:	:	:	:	:	:	:	ĺ
Time for lap:		:	:	:	:	:	:	:	:	:	:	:	:	
Athlete's Name				В	ib # l	Hip #	Uniform Cold	rs: Top	_ Bottom	Shoes	S F_	M		
LAPS TO GO	12	11	10	9	8	7	6	5	4	3	2	1	FINISH TIME	
Elapsed Time:	:	:	:	:	:	:	:	:	:	:	:	:	:	ĺ
Time for lap:		:	:	:	:	:	:	:	:	:	:	:	:	
														<u> </u>
Athlete's Name				В	ib # l	Hip #	Uniform Cold	rs: lop	_ Bottom	Shoes	6 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	l
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	ĺ

Checked by Chief Lap Scorer: Name	Official's Number	Signatu	re

0.75

300 m

2.75

1,100 m

1.75

700 m

3.75

1,500 m

EXERCISE FOR LAP SCORERS IN 3-KILOMETER RACE

_		0		
	Athlete	Elapsed	Laps to	Notes
	Number	Time	Go	140103
	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 2	
	1219	14:40	2	
	1203	16:15	1	
	1237	16:29	2	Lapped
	1215	16:32	2 1	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 (1.5K)

Checked by Chief Lap Scorer: Name_____

Joseph Volunteer

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

Sheet__2__of__6__

1,500 m

300 m

026024 Signature

700 m

1,100 m

Elapsed time at start = 0:00:00 Lap Scorer's Name Joy Volunteer Official's Number 026023 Signature <u>Joy Volunteer</u> Athlete's Name_ Ada Moore Bib # 1203 Hip # Uniform Colors: Top_blue_ Bottom_black Shoes_ F_<u>X</u> LAPS TO GO 11 10 9 FINISH TIME 8 6 5 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 Uniform Colors: Top_blue_ Bottom_blue_ Shoes_white_ Athlete's Name Cathy Moore Bib #__1215_ Hip #____ LAPS TO GO 11 10 9 FINISH TIME 5 Elapsed Time: 1:30 4:30 7:30 10:25 13:32 16:32 DNF 1215 1215 Time for lap: 3:00 3:00 2:55 3:07 3:00 Uniform Colors: Top <u>blue</u> Bottom <u>blue</u> Shoes <u>blue</u> Athlete's Name **Betty Moore** Bib # 1219 Hip # 9 2 FINISH TIME LAPS TO GO 12 11 10 8 6 5 4 3 1 Elapsed Time: 1:20 4:00 6:40 9:20 12:00 14:40 17:20 20:00 1219 1219 Time for lap: 2:40 2:40 2:40 2:40 2:40 2:40 2:40 Athlete's Name Daisy Moore Bib # 1237 Hip # Uniform Colors: Top_green_ Bottom green Shoes_ LAPS TO GO 12 11 10 9 8 7 6 5 4 3 2 FINISH TIME 1 Elapsed Time: 1:30 4:31 7:31 10:30 13:31 16:29 19:31 22:30 1237 1237 Time for lap: 3:01 3:00 2:59 3:01 2:58 3:02 2:59 1.5 2.5 7.5 9.5 11.5 12.5 Laps completed 0.5 3.5 4.5 5.5 6.5 8.5 10.5 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 7.5 0.5 1.5 2.5 3.5 4.5 5.5 6.5 Laps completed Distance (3K) 200 m 600 m 1,000 m 2,200 m 2,600 m 3,000 m 1,400 m 1,800 m 0.75 1.75 2.75 3.75 Laps completed

Official's Number