



LAP SCORING SHEET

Event: _____ Women _____ Men _____

Heat: _____ Quarter: _____ Semi: _____ Final: _____

1500m	2000m	3000m	5000m	10,000m	#	#	#	#
Laps to go	Laps to go	Laps to go	Laps to go	Laps to go	Laps to go	Laps to go	Laps to go	Laps to go
3	4	7	12	24				
2	3	6	11	23				
1	2	5	10	22				
0	1	4	9	21				
	0	3	8	20				
		2	7	19				
		1	6	18				
		0	5	17				
			4	16				
			3	15				
			2	14				
			1	13				
			0	12				
				11				
				10				
				9				
				8				
				7				
				6				
				5				
				4				
				3				
				2				
				1				
				0				

Umpire: _____

Chief Judge: _____