



10 000m (Track) Lap Scoring Sheet

Date _____
 Event _____ M / F
 Place _____

Laps to Go	Athlete	Athlete	Laps to Go	Athlete	Athlete	Laps to Go	Athlete	Athlete	Laps to Go
Start	0.00	0.00	Start	0.00	0.00	Start	0.00	0.00	Start
24			24			24			24
23			23			23			23
22			22			22			22
21			21			21			21
20			20			20			20
19			19			19			19
18			18			18			18
17			17			17			17
16			16			16			16
15			15			15			15
14			14			14			14
13			13			13			13
12			12			12			12
11			11			11			11
10			10			10			10
9			9			9			9
8			8			8			8
7			7			7			7
6			6			6			6
5			5			5			5
4			4			4			4
3			3			3			3
2			2			2			2
BELL			BELL			BELL			BELL
Finish			Finish			Finish			Finish

Identify your athlete by noting bib number, vest colour etc.

Record the time for each competitor on each lap, this confirms a lap is not missed. Times need not be exact; they are to verify a lap has been completed. If you miss an athlete & know the approximate time, enter it, otherwise just leave the space blank. Do not tick or cross. Ensure you are quiet & able to hear or see the lap times.

If an athlete withdraws or is disqualified, mark this on the sheet on the appropriate lap.

During the race, check to see if each lap is relatively consistent to be sure a lap was not missed.

Communicate to the athlete laps to go & advise the Lap Indicator Judge when they have one (1) lap to go. This is especially critical when athletes are lapped.

Lap Counter Name _____

Lap Counter Signature _____