



3 000m Steeplechase (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 |
| 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 _____