

# Outdoor Lap Scoring Sheet



Event: \_\_\_\_\_ Age Class: \_\_\_\_\_ Men:  Women:

Heat: \_\_\_\_\_ Semi: \_\_\_\_\_ Final: \_\_\_\_\_

2 000m	3 000m	5 000m	10 000m	#	#	#	#	#
Laps to go	Laps to go	Laps to go	Laps to go					
4	7	12	24					
3	6	11	23					
2	5	10	22					
1 (Bell)	4	9	21					
Finish	3	8	20					
	2	7	19					
	1 (Bell)	6	18					
	Finish	5	17					
		4	16					
		3	15					
		2	14					
		1 (Bell)	13					
		Finish	12					
			11					
			10					
			9					
			8					
			7					
			6					
			5					
			4					
			3					
			2					
			1 (Bell)					
			Finish					

Hip # or club

**5000m and  
10,000m need  
Lap Times recorded**

Date: \_\_\_\_\_

Umpire: \_\_\_\_\_

\_\_\_\_\_ of \_\_\_\_\_