

Indoor Lap Scoring Sheet



Event: _____ Age Class: _____ Men: Women:

Heat: _____ Semi: _____ Final: _____

1 000m	1200	1 500m	2 000m	3 000m	#	#	#	#
Laps to go	Laps to go	Laps to go	Laps to go	Laps to go				
4	5	7	9	14				
3	4	6	8	13				
2	3	5	7	12				
1 (Bell)	2	4	6	11				
Finish	1 (Bell)	3	5	10				
	Finish	2	4	9				
		1 (Bell)	3	8				
		Finish	2	7				
			1 (Bell)	6				
			Finish	5				
				4				
				3				
				2				
				1 (Bell)				
				Finish				

**3000m needs
Lap Times recorded**

Date: _____

Umpire: _____ of _____