

10,000 METERS ON A 400 METER TRACK (25 LAPS EXACTLY)

meters	400	800	1200	1600	2000	2400	2800	3200	3600	4000	4400	4800	5200
LAPS TO GO:	24	23	22	21	20	19	18	17	16	15	14	13	12
ATHLETE LAPS DONE:	1	2	3	4	5	6	7	8	9	10	11	12	13
meters	5600	6000	6400	6800	7200	7600	8000	8400	8800	9200	9600	10000	
LAPS TO GO:	11	10	9	8	7	6	5	4	3	2	1	0	
ATHLETE LAPS DONE:	14	15	16	17	18	19	20	21	22	23	24	25	

DATE: _____ EVENT NO. _____ LAP COUNTER NAME _____ CERT. NO. _____

Note: 10,000 meters = 32,808.40 feet = 6.21 miles = 10,936.13 yards = 6 miles, 376 yards, 4.8 inches

Be sure to write your athletes hip number, bib number, uniform color & other identification information in the spaces under athlete.
Also, try to get a good look at your athlete before the race starts.

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