

**20,000 Meters on a 400 Meter Track (50 laps exactly)**

<b>Laps To Go:</b>	49	48	47	46	45	44	43	42	41	40	39	38	37
<b>Laps Done:</b>	1	2	3	4	5	6	7	8	9	10	11	12	13
1													
2													
3													
<b>Laps To Go:</b>	36	35	34	33	32	31	30	29	28	27	26	25	<b>10 Km</b>
<b>Laps Done:</b>	14	15	16	17	18	19	20	21	22	23	24	25	
1													
2													
3													
<b>Laps To Go:</b>	24	23	22	21	20	19	18	17	16	15	14	13	12
<b>Laps Done:</b>	26	27	28	29	30	31	32	33	34	35	36	37	38
1													
2													
3													
<b>Laps To Go:</b>	11	10	9	8	7	6	5	4	3	2	1	0	<b>20 Km</b>
<b>Laps Done:</b>	39	40	41	42	43	44	45	46	47	48	49	50	
1													
2													
3													

**Meet:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Lap Counter:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_