

30,000 Meters on a 400 Meter Track (75 laps exactly)

Laps To Go:	74	73	72	71	70	69	68	67	66	65	64	63	62	
Laps Done:	1	2	3	4	5	6	7	8	9	10	11	12	13	
1														
2														
												10 Km		
Laps To Go:	61	60	59	58	57	56	55	54	53	52	51	50		
Laps Done:	14	15	16	17	18	19	20	21	22	23	24	25		
1														
2														
Laps To Go:	49	48	47	46	45	44	43	42	41	40	39	38	37	
Laps Done:	26	27	28	29	30	31	32	33	34	35	36	37	38	
1														
2														
													20 Km	
Laps To Go:	36	35	34	33	32	31	30	29	28	27	26	25		
Laps Done:	39	40	41	42	43	44	45	46	47	48	49	50		
1														
2														
Laps To Go:	24	23	22	21	20	19	18	17	16	15	14	13	12	
Laps Done:	51	52	53	54	55	56	57	58	59	60	61	62	63	
1														
2														
													30 Km	
Laps To Go:	11	10	9	8	7	6	5	4	3	2	1	0		
Laps Done:	64	65	66	67	68	69	70	71	72	73	74	75		
1														
2														

Form Created by Jim Hanley, So. Calif. Assn., USA Track & Field, P.O. Box 6744, Thousand Oaks, CA 91359

Lap Counter: _____ **Phone Number:** _____

Meet: _____ **Date:** _____