

### 3,000 METER RACE WALK ON A 200 METER TRACK (15 LAPS EXACTLY)

meters	200	400	600	800	1000	1200	1400	1600	1800	2000	2200	2400	2600
<b>LAPS TO GO:</b>	<b>14</b>	<b>13</b>	<b>12</b>	<b>11</b>	<b>10</b>	<b>9</b>	<b>8</b>	<b>7</b>	<b>6</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>
<b>ATHLETE LAPS DONE:</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>

meters	2800	3000
<b>LAPS TO GO:</b>	<b>1</b>	<b>Finish</b>
<b>ATHLETE LAPS DONE:</b>	<b>14</b>	<b>15</b>



DATE: \_\_\_\_\_ EVENT NO. \_\_\_\_\_ LAP COUNTER NAME \_\_\_\_\_ CERT. NO. \_\_\_\_\_

Note: 3,000 meters = 9,842.52 feet = 1.86 miles = 3280.84 yards = 1 mile, 1520 yards, 2 feet, 6.2 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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