

3,000 METER RUN ON A 220 YARD TRACK (14.913 LAPS)

(17.52 meters less than 15 laps)

	184	385	586	787	988	1189	1391	1592	1793	1994	2195	2397	2598
meters													
LAPS TO GO:	14	13	12	11	10	9	8	7	6	5	4	3	2
ATHLETE LAPS DONE:	1	2	3	4	5	6	7	8	9	10	11	12	13
meters	2799	3000											
LAPS TO GO:	1	Finish											
ATHLETE LAPS DONE:	14	15											

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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