

3,000 METERS ON A 400 METER TRACK (7.5 LAPS EXACTLY)



	7	6	5	4	3	2	1	0
LAPS TO GO:	0.5	1.5	2.5	3.5	4.5	5.5	6.5	7.5
ATHLETE LAPS DONE:								

DATE _____

EVENT _____ LAP COUNTER _____

FORM DESIGNED BY: JIM HANLEY, USA TRACK & FIELD, P.O. BOX 6744, THOUSAND OAKS, CA., 91359