

5,000 METERS ON A 400 METER TRACK (12.5 LAPS EXACTLY)

			1 Km					3 Km					5 Km
LAPS TO GO:	12	11	10	9	8	7	6	5	4	3	2	1	0
ATHLETE LAPS DONE:	0.5	1.5	2.5	3.5	4.5	5.5	6.5	7.5	8.5	9.5	10.5	11.5	12.5

RACE DATE _____

MEET _____

EVENT _____

LAP COUNTER _____

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