

5,000 METER RACE WALK ON A 220 YARD TRACK (24.855 LAPS)

(29.2 meters less than 25 laps)

meters	172	373	574	775	997	1178	1379	1580	1781	1892	2184	2385	2586
LAPS TO GO:	24	23	22	21	20	19	18	17	16	15	14	13	12
ATHLETE LAPS DONE:	1	2	3	4	5	6	7	8	9	10	11	12	13
meters	2787	2988	3189	3391	3592	3793	3994	4195	4396	4598	4799	5000	
LAPS TO GO:	11	10	9	8	7	6	5	4	3	2	1	Finish	
ATHLETE LAPS DONE:	14	15	16	17	18	19	20	21	22	23	24	25	

DATE: _____ EVENT NO. _____ LAP COUNTER NAME _____ CERT. NO. _____

Note: 5,000 meters = 16,409.20 feet = 3.11 miles = 5,468.07 yards = 3 miles, 188 yards, 2.4 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.

FORM DESIGNED BY: JIM HANLEY, USA TRACK & FIELD, P.O. BOX 6744, THOUSAND OAKS, CA., 91359
Edited by: Justin Kuo (jkuo@usatfne.org)