

USA Masters Outdoor Track & Field Championships  
August 2-5, 2007 Orono, Maine

*10,000 Meter Run on a 400 Meter Track (25 Laps, exactly)*

meters	400	800	1200	1600	2000	2400	2800	3200	3600	4000	4400	4800	5200
<b>LAPS TO GO:</b>	<b>24</b>	<b>23</b>	<b>22</b>	<b>21</b>	<b>20</b>	<b>19</b>	<b>18</b>	<b>17</b>	<b>16</b>	<b>15</b>	<b>14</b>	<b>13</b>	<b>12</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	5600	6000	6400	6800	7200	7600	8000	8400	8800	9200	9600	10000	
<b>LAPS TO GO:</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>1</b>	<b>0</b>	
<b>ATHLETE LAPS DONE:</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	

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

Note: 10,000 meters = 32,808.40 feet = 6.21 miles = 10,936.13 yards = 6 miles, 376 yards, 4.8 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.