

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

*3000 Meter Run on a 400 Meter Track (7.5 Laps, exactly)*

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

RACE DATE \_\_\_\_\_

MEET \_\_\_\_\_

EVENT \_\_\_\_\_

LAP COUNTER \_\_\_\_\_