



Lap Counting Sheet 20K Race Walk

(on a 400m track)

Meet _____
 Date _____
 Event _____

Men _____
 Women _____
 Age Group _____

Athlete			Athlete		Athlete		Athlete	
Hip #	Team		Hip #	Team	Hip #	Team	Hip #	Team
Bib #	Colors		Bib #	Colors	Bib #	Colors	Bib #	Colors
Laps Complete	Time	Laps to Go	Time	Laps to Go	Time	Laps to Go	Time	Laps to Go
1		49		49		49		49
2		48		48		48		48
3		47		47		47		47
4		46		46		46		46
5		45		45		45		45
6		44		44		44		44
7		43		43		43		43
8		42		42		42		42
9		41		41		41		41
10		40		40		40		40
11		39		39		39		39
12		38		38		38		38
13		37		37		37		37
14		36		36		36		36
15		35		35		35		35
16		34		34		34		34
17		33		33		33		33
18		32		32		32		32
19		31		31		31		31
20		30		30		30		30
21		29		29		292		29
22		28		28		28		28
23		27		27		27		27
24		26		26		26		26
25		25		25		25		25
26		24		24		24		24
27		23		23		23		23
28		22		22		22		22
29		21		21		21		21
30		20		20		20		20
31		19		19		19		19
32		18		18		18		18
33		17		17		17		17
34		16		16		16		16
35		15		15		15		15
36		14		14		14		14
37		13		13		13		13
38		12		12		12		12
39		11		11		11		11
40		10		10		10		10
41		9		9		9		9
42		8		8		8		8
43		7		7		7		7
44		6		6		6		6
45		5		5		5		5
46		4		4		4		4
47		3		3		3		3
48		2		2		2		2
49		1		1		1		1
50								

Lap Counter Name: _____

Chief Umpire: _____ Referee: _____