

## Lap Counting form

### **Instructions for use**

The form is divided into 16 'Lap' columns (at present, cannot be used for smaller tracks) and 18 'Competitor' Rows (should be more than sufficient for most races)

### **Prior to the Race**

- **Determine number of laps (for 200M tracks, 8 is a 1600, 16 is a 3200, etc)**
- **As Competitors line up, record name (or characteristic) and Hip Numbers. Time may permit the recording of hip numbers only, however at the minimum a color or school should also be entered.**

### **As the race Progresses**

- **Once a Competitor passes, put a check mark in the box corresponding to the lap they have just completed.**
- **Early laps will likely have the majority of runners passing at once.**

**Ideally, have an assistant read off hip numbers**

**or**

**Count the number of runners passing in the pack.**

**If they equal the number in the race, draw a line through the entire lap**

**If the count is short of the race total , locate the runners bringing up the rear until all are accounted for in the first lap(s). Draw a line through the entire lap.**

**Successive laps will become easier to track as the pack spreads apart.**