



Nottinghamshire A.S.A.

LAP CARD CHECKER

TK End

1500m (LC)

Distance Completed	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
0m	30	30	30	30	30	30	30	30
100m	28	28	28	28	28	28	28	28
200m	26	26	26	26	26	26	26	26
300m	24	24	24	24	24	24	24	24
400m	22	22	22	22	22	22	22	22
500m	20	20	20	20	20	20	20	20
600m	18	18	18	18	18	18	18	18
700m	16	16	16	16	16	16	16	16
800m	14	14	14	14	14	14	14	14
900m	12	12	12	12	12	12	12	12
1000m	10	10	10	10	10	10	10	10
1100m	8	8	8	8	8	8	8	8
1200m	6	6	6	6	6	6	6	6
1300m	4	4	4	4	4	4	4	4
1400m	2	2	2	2	2	2	2	2

Distance Completed	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
0m	30	30	30	30	30	30	30	30
100m	28	28	28	28	28	28	28	28
200m	26	26	26	26	26	26	26	26
300m	24	24	24	24	24	24	24	24
400m	22	22	22	22	22	22	22	22
500m	20	20	20	20	20	20	20	20
600m	18	18	18	18	18	18	18	18
700m	16	16	16	16	16	16	16	16
800m	14	14	14	14	14	14	14	14
900m	12	12	12	12	12	12	12	12
1000m	10	10	10	10	10	10	10	10
1100m	8	8	8	8	8	8	8	8
1200m	6	6	6	6	6	6	6	6
1300m	4	4	4	4	4	4	4	4
1400m	2	2	2	2	2	2	2	2