



Nottinghamshire A.S.A.

LAP CARD CHECKER

Time Keepers

1500m (LC)

Lane

Heat

L	R
Distance completed	
Laps to go	
30	0
28	100
26	200
24	300
22	400
20	500
18	600
16	700
14	800
12	900
10	1000
8	1100
6	1200
4	1300
bell	1400
button	1500

Event

Heat

L	R
Distance completed	
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30	0
28	100
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24	300
22	400
20	500
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