



Nottinghamshire A.S.A.

LAP CARD CHECKER

Time Keepers

400m (LC)

Lane

Heat

L	R
Distance completed	
Laps to go	
8	0
6	100
4	200
bell	300
button	400

Event

Heat

L	R
Distance completed	
Laps to go	
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6	100
4	200
bell	300
button	400

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