



Nottinghamshire A.S.A.

LAP CARD CHECKER

TK End

400m (SC)

Event Number:

Heat:

Distance Completed	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
0m	16	16	16	16	16	16	16	16
50m	14	14	14	14	14	14	14	14
100m	12	12	12	12	12	12	12	12
150m	10	10	10	10	10	10	10	10
200m	8	8	8	8	8	8	8	8
250m	6	6	6	6	6	6	6	6
300m	4	4	4	4	4	4	4	4
350m	2	2	2	2	2	2	2	2

Event Number:

Heat:

Distance Completed	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
0m	16	16	16	16	16	16	16	16
50m	14	14	14	14	14	14	14	14
100m	12	12	12	12	12	12	12	12
150m	10	10	10	10	10	10	10	10
200m	8	8	8	8	8	8	8	8
250m	6	6	6	6	6	6	6	6
300m	4	4	4	4	4	4	4	4
350m	2	2	2	2	2	2	2	2

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50m	14	14	14	14	14	14	14	14
100m	12	12	12	12	12	12	12	12
150m	10	10	10	10	10	10	10	10
200m	8	8	8	8	8	8	8	8
250m	6	6	6	6	6	6	6	6
300m	4	4	4	4	4	4	4	4
350m	2	2	2	2	2	2	2	2