



Nottinghamshire A.S.A.

LAP CARD CHECKER

Time Keepers

400m (SC)

Lane

Event

Heat

Heat

Heat

Heat

L	R
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L	R
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L	R
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L	R
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Laps to go Distance completed

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Laps to go Distance completed

Laps to go Distance completed

16	0
14	50
12	100
10	150
8	200
6	250
4	300
bell	350
button	400

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14	50
12	100
10	150
8	200
6	250
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