



Nottinghamshire A.S.A.

LAP CARD CHECKER

TK End

800m (LC)

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
100m	14	14	14	14	14	14	14	14
200m	12	12	12	12	12	12	12	12
300m	10	10	10	10	10	10	10	10
400m	8	8	8	8	8	8	8	8
500m	6	6	6	6	6	6	6	6
600m	4	4	4	4	4	4	4	4
700m	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	16	16	16	16	16	16	16	16
100m	14	14	14	14	14	14	14	14
200m	12	12	12	12	12	12	12	12
300m	10	10	10	10	10	10	10	10
400m	8	8	8	8	8	8	8	8
500m	6	6	6	6	6	6	6	6
600m	4	4	4	4	4	4	4	4
700m	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	16	16	16	16	16	16	16	16
100m	14	14	14	14	14	14	14	14
200m	12	12	12	12	12	12	12	12
300m	10	10	10	10	10	10	10	10
400m	8	8	8	8	8	8	8	8
500m	6	6	6	6	6	6	6	6
600m	4	4	4	4	4	4	4	4
700m	2	2	2	2	2	2	2	2