



Nottinghamshire A.S.A.

LAP CARD CHECKER

Time Keepers

800m (SC)

Lane Heat

L	R
Distance completed	
Laps to go	
32	0
30	50
28	100
26	150
24	200
22	250
20	300
18	350
16	400
14	450
12	500
10	550
8	600
6	650
4	700
bell	750
button	800

Event Heat

L	R
Distance completed	
Laps to go	
32	0
30	50
28	100
26	150
24	200
22	250
20	300
18	350
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