August 4, 2013
10 KILOMETERS ON A 1043.992 METER PATH (604 METERS + 9 LAPS)

| meters | 604 | 1648 | 2692 | 3736 | 4780 | 5824 | 6868 | 7912 | 8956 | 10000 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| LAPS TO GO: | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | 0 |
| ATHLETE / LAPS DONE: | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
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|  |  |  |  |  |  |  |  |  |  |  |
| meters | 604 | 1648 | 2692 | 3736 | 4780 | 5824 | 6868 | 7912 | 8956 | 10000 |
| LAPS TO GO: | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | 0 |
| ATHLETE / LAPS DONE: | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
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## LAP COUNTER NAME

$\qquad$ CERT. NO. $\qquad$
Note: 10,000 meters $=32,808.40$ feet $=6.21$ miles $=10,936.13$ yards $=6$ miles, 376 yards, 4.8 inches
Be sure to write your athletes hip number, bib number, uniform color \& other identification information in the spaces under athlete. Also, try to get a good look at your athlete before the race starts.

FORM DESIGNED BY: JUSTIN KUO \& JIM HANLEY, POB 1905 BROOKLINE MA 02445

USA vs. Canada Junior Race Walk Match
East Boston, Massachusetts
August 4, 2013
5 KILOMETERS ON A 1043.992 METER PATH (824 METERS + 4 LAPS)


Note: 5 kilometers $=16,404.20$ feet $=3.11$ miles $=5,468.07$ yards $=3$ miles, 188 yards, 2.4 inches
Be sure to write your athletes hip number, bib number, uniform color \& other identification information in the spaces under athlete.
Also, try to get a good look at your athlete before the race starts.
FORM DESIGNED BY: JUSTIN KUO \& JIM HANLEY, POB 1905 BROOKLINE MA 02445

USA vs. Canada Junior Race Walk Match
East Boston, Massachusetts
August 4, 2013

## 3 KILOMETERS ON A 1043.992 METER PATH (912 METERS + 2 LAPS)



Be sure to write your athletes hip number, bib number, uniform color \& other identification information in the spaces under athlete.
Also, try to get a good look at your athlete before the race starts.
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USA vs. Canada Junior Race Walk Match
East Boston, Massachusetts
August 4, 2013

## 2 KILOMETERS ON A 1043.992 METER PATH (956 METERS + 1 LAPS)



Be sure to write your athletes hip number, bib number, uniform color \& other identification information in the spaces under athlete.
Also, try to get a good look at your athlete before the race starts.
FORM DESIGNED BY: JUSTIN KUO \& JIM HANLEY, POB 1905 BROOKLINE MA 02445

