

Lap Scoring for SAMA races at SA Athletics Stadium

We normally do not expect anyone to need a lap scorer for anything less than 3000m, and runners will be assumed not to need one.

By preference we would like competitors to keep their own laps, as we do not always have enough people around to act as lap scorers and/or it takes time to round them up – delaying the start. But if you need one then we will find one.

Feel free to provide your own lapscorer. We can provide a suitable lapscore sheet and folder if requested.

For those of you with a GPS watch, keeping track is easy. For another significant number – you know how long it takes to do a lap and your likely finish time (it is unlikely to be more than 2 minutes out!). Hints to help:

- Take note of your estimated time on the check-in tablet. If you have previously competed in distance events, the estimated time should be close to what you will run. Add your handicap to the estimated time to work out the estimated clock finish time.
- In scratch events, again use your estimated time. Slower competitors can count the number of times they are being lapped by a faster competitor, and complete that number of laps when you see that the faster runner has finished.
- Most competitors complete a lap in approx the same time (eg 2 minutes per lap is a 5 minute per km rate). Get familiar with your lap speed and do some mental arithmetic.
- It can help to keep track of kilometres. Only count every 2.5 laps, then start again – you will never be 2.5 laps out!

Once the race has started only those who have nominated for a lap scorer will be communicated with. If you haven't asked for a lap scorer it is no good asking the finish line how many laps you have to go – they won't know!

If you think (or know) that you have done the wrong number of laps, let the officials know after the event and it may be possible to check this on the images taken. Errors with handicapping can then be avoided.

We want to make sure you run the correct number of laps and get a correct time but we are all busy on the night and need as much help as possible from everyone so that we get it right!

David J Bates

President SA Masters Athletics