

1500m Lap Cards at the Start End (LC)

Event Heat

Distance	Time	Lap	Lengths Completed
Start		30	0
100		28	2
200		26	4
300		24	6
400		22	8
500		20	10
600		18	12
700		16	14
800		14	16
900		12	18
1000		10	20
1100		8	22
1200		6	24
1300		4	26
1400 Whistle/Bell		2	28
1500		Finish	30

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