

400m Lap Cards at the Start End (LC)

Event		Heat	
Distance	Tick	Lap	Lengths Completed
Start		8	0
100		6	2
200		4	4
300 Whistle/Bell		2	6
400		FINISH	8

400m Lap Cards at the Start End (LC)

Event		Heat	
Distance	Tick	Lap	Lengths Completed
Start		8	0
100		6	2
200		4	4
300 Whistle/Bell		2	6
400		FINISH	8

400m Lap Cards at the Start End (LC)

Event		Heat	
Distance	Tick	Lap	Lengths Completed
Start		8	0
100		6	2
200		4	4
300 Whistle/Bell		2	6
400		FINISH	8

400m Lap Cards at the Start End (LC)

Event		Heat	
Distance	Tick	Lap	Lengths Completed
Start		8	0
100		6	2
200		4	4
300 Whistle/Bell		2	6
400		FINISH	8

400m Lap Cards at the Start End (LC)

Event		Heat	
Distance	Tick	Lap	Lengths Completed
Start		8	0
100		6	2
200		4	4
300 Whistle/Bell		2	6
400		FINISH	8

400m Lap Cards at the Start End (LC)

Event		Heat	
Distance	Tick	Lap	Lengths Completed
Start		8	0
100		6	2
200		4	4
300 Whistle/Bell		2	6
400		FINISH	8

Event Heat

Event		Heat	
Distance	Tick	Lap	Lengths Completed
Start		8	0
100		6	2
200		4	4
300 Whistle/Bell		2	6
400		FINISH	8

Event Heat

Event		Heat	
Distance	Tick	Lap	Lengths Completed
Start		8	0
100		6	2
200		4	4
300 Whistle/Bell		2	6
400		FINISH	8