

## Lap counter Guide

For this guide, we will use the 500 yards as an example. The idea is the same for any other distance, such as 1000 yards, 1650 yards, 800 meters, or 1500 meters. The key is to know how many laps the race has so in the last lap you show the red cards.

The 500 yards race is 20 laps, so you would count up to 17 and show the red cars on the last lap, lap 19.

- Typically, there is no card with a "**1**" for the first 25.
- When the swimmer heads back toward the counter for the second time, he/she is on the 3rd lap (75 yards) and your counter will need to have the "**3**" in the water.



- Continue on flipping the numbers so every time the swimmer heads towards the counter, you will be showtime them the **5, 7, 9, 11, 13, 15** and **17**.



- When you get to **17**, the swimmer is about to finish her or his race. Flip the cards to the **bright double red** rectangles on the back to let them know they have one more lap.



