

# 2

## 2011 Queensland Running Rockett Relays

21 May 2011 - Pine Rivers Park, Strathpine

### Two Hour Relay - Team Tally Sheet



Team Name: ASPLEY RUNNERS

Team Runners: 1. JEFF 2. PETER

(Maximum of 4) 3. DAVID 4. JOHN

2K LAPS			
Lap	Runner's Name	Lap Time (Optional)	Elapsed Time
			H : M : S
1	JEFF	8:15	: 8:15
2	PETE	8:23	: 16:38
3	DAVID	8:36	: 25:14
4	JOHN	8:45	: 33:59
5	JEFF	8:05	: 42:04
6	PETE	8:24	: 50:28
7	DAVID	8:37	: 59:05
8	JOHN	9:05	1: 08:10
9	JEFF	7:50	1: 16:00
10	PETE	8:22	1: 24:22
11	DAVID	8:38	1: 33:00
12	JOHN	9:24	1: 42:24
13	JEFF	7:55	1: 50:19
14			: : :
15			: : :
16			: : :
17			: : :
18			: : :
19			: : :
20			: : :

Gender  Male  Female

Age Group  Open  Masters (40+ years)

#### Total Distance Covered

Completed 2K laps x 2 26.000m

+ completed 1K laps 2.000m

+ distance on last flag passed 3.75m

**TOTAL** 28.375m

#### End of Relay Instructions

1 minute to go gun fires once  
End of race gun fires twice

The current runner is to stop and wait for the team recorder to reach them. Team recorders are to move to where the athlete has stopped and record the distance on the last flag passed.

#### Flags

Green BLUE 25 metres  
Orange GREEN 50 metres  
Blue ORANGE 75 metres  
Red/white 100 metres

Distance is calculated to the last flag passed.

1K LAPS			
Lap	Runner's Name	Lap Time (Optional)	Elapsed Time
			H : M : S
1	PETE	4:03	1:54:22
2	DAVID	4:04	1:58:26
3	JOHN		2:00:01
4			: : :
5			: : :
6			: : :

#### Office Use Only

Gender: M.

Position: .....

Age Group: VETS

Distance Covered: 28.375