

1

2011 Queensland Running Rockett Relays

21 May 2011 - Pine Rivers Park, Strathpine

One Hour Relay - Team Tally Sheet



queensland
running

Team Name: EKA Extreme

Team Runners: 1. ERIN HILLS 2. KATE RIETHMULLER
(Maximum of 3) 3. AMY RIETHMULLER

1K LAPS			
Lap	Runner's Name	Lap Time (Optional)	Elapsed Time H : M : S
1	Kate	3-52	: 3 : 52
2	Amy	4-47	: 8 : 39
3	Erin	4-40	: 13 : 19
4	Kate	4-09	: 17 : 28
5	Amy	4-39	: 22 : 07
6	Erin	7-10	: 29 : 17
7	Kate	4-21	: 33 : 38
8	Amy	5-00	: 38 : 38
9	Erin	6-08	: 44 : 47
10	Kate	4-22	: 49 : 08
11	Amy	5-12	: 54 : 21
12	Erin	5-05	: 59 : 26
13	Kate		: : :
14			: : :
15			: : :
16			: : :
17			: : :
18			: : :
19			: : :
20			: : :
21			: : :
22			: : :
23			: : :
24			: : :
25			: : :
26			: : :

Gender Age Group

- Male 10 & Under
 Female 14 & Under

Total Distance Covered

Completed 1K laps 12.000m
 + distance on last flag passed 175m

TOTAL 12.175m

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

Blue 25 metres
 Green 50 metres
 Orange 75 metres
 Red/white 100 metres

Distance is calculated to the last flag passed.

Office Use Only

Gender: F

Position: 4TH 410

Age Group: 10 & U

Distance Covered: 12.175