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2011 Queensland Running Rockett Relays 21 May 2011 - Pine Rivers Park, Strathpine



One Hour Relay - Team Tally Sheet

Team Name: Henry, Duncy - Henry
 Team Runners: 1. Duke K 2. Jarrod
 (Maximum of 3) 3. Callum

1K LAPS			
Lap	Runner's Name	Lap Time (Optional)	Elapsed Time H : M : S
1	Duke Kingston	5:28	: 3:28
2	Jarrod P.	3:32	: 7:00
3	Callum D	3:34	: 10:34
4	Duke	3:31	: 14:05
5	Jarrod	3:36	: 17:41
6	Callum	3:37	: 21:18
7	Duke	3:39	: 24:57
8	Jarrod	3:39	: 28:36
9	Callum	3:43	: 32:19
10	Duke	3:34	: 35:53
11	Jarrod	3:39	: 39:34
12	Callum	3:42	: 43:16
13	Duke	3:40	: 46:56
14	Jarrod	3:39	: 50:35
15	Callum	3:46	: 54:21
16	Duke	3:37	: 57:58
17	Jarrod	2:04 (600m)	1 : 0 : 00
18			: :
19			: :
20			: :
21			: :
22			: :
23			: :
24			: :
25			: :
26			: :

Gender Male Female
 Age Group 10 & Under 14 & Under

Total Distance Covered
 Completed 1K laps 16.....000m
 + distance on last flag passed 600.....m

TOTAL 16:600.....m

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: Boys Position: 1st HR
 Age Group: 14+ Under Distance Covered: 16:600