

1

2011 Queensland Running Rockett Relays

21 May 2011 - Pine Rivers Park, Strathpine

One Hour Relay - Team Tally Sheet



queensland
running

Team Name: KPM

Team Runners: 1. Jacob Caruana 2. Hamish Crainger

(Maximum of 3) 3. Aaron Caruana

1K LAPS			
Lap	Runner's Name	Lap Time (Optional)	Elapsed Time
			H : M : S
1	Jacob	3:44	: 3:44
2	Hamish	3:35	: 7:19
3	Aaron	3:51	: 11:10
4	Jacob	3:52	: 15:02
5	Hamish	3:36	: 18:38
6	Aaron	4:02	: 22:40
7	Jacob	3:56	: 26:36
8	Hamish	3:30	: 30:06
9	Aaron	4:10	: 34:16
10	Jacob	4:06	: 38:22
11	Hamish	3:33	: 41:55
12	Aaron	4:02	: 45:57
13	Jacob	3:53	: 49:50
14	Hamish	3:20	: 53:10
15	Aaron	3:52	: 57:02
16	Jacob	2:54	: 1:00:00
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 15 000m

+ distance on last flag passed 775 m

TOTAL 15 775 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: 2nd 1400

Age Group: 14 & Under

Distance Covered: 15-775