

2

2011 Queensland Running Rockett Relays

21 May 2011 - Pine Rivers Park, Strathpine

Two Hour Relay - Team Tally Sheet



Team Name:

Marty's Crew

Team Runners:

1. Ben Tesch 2. Martin Johns

(Maximum of 4)

3. Wendy Stewart 4. Jesse Young

2K LAPS			
Lap	Runner's Name	Lap Time (Optional)	Elapsed Time
			H : M : S
1	Ben	6:21	:6:21
2	Martin	7:12	:13:33
3	Wendy	7:29	:21:03
4	Jesse	6:50	:27:53
5	Ben	6:25	:34:19
6	Martin	7:27	:41:47
7	Wendy	7:31	:49:18
8	Jesse	6:59	:56:18
9	Ben	6:35	1:02:53
10	Ben	6:46	1:09:47
11	Martin	7:35	1:17:22
12	Wendy	7:37	1:25:00
13	Jesse	6:58	1:31:59
14	Ben	6:39	1:38:38
15	Martin	7:50	1:46:29
16	Wendy		: : :
17			: : :
18			: : :
19			: : :
20			: : :

Gender

Age Group

Male

Open

Female

Masters (40+ years)

Total Distance Covered

15 Completed 2K laps x 2 30.000m
 3 + completed 1K laps 3.000m
 + distance on last flag passed 9.00m

TOTAL

33.900m

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.

1K LAPS			
Lap	Runner's Name	Lap Time (Optional)	Elapsed Time
			H : M : S
1	Wendy	3:43	1:50:12
2	Jesse	3:21	1:53:33
3	Ben	3:16	1:56:50
4	Jesse	3:10	2:00:00
5			: : :
6			: : :

Office Use Only

Gender:

MALE

Position:

Age Group:

OPEN

Distance Covered:

33.900