

2

2011 Queensland Running Rockett Relays

21 May 2011 - Pine Rivers Park, Strathpine

Two Hour Relay - Team Tally Sheet



Team Name: Mayne

Team Runners: 1. Andrew Haughton 2. Daniel Islen
 (Maximum of 4) 3. Michael Jimenez 4. JEUNG GIL HONG

2K LAPS			
Lap	Runner's Name	Lap Time (Optional)	Elapsed Time
			H : M : S
1	S. Hong	6-58	: : :
2	M. Jimenez	7-00	:13:58
3	D. Islen	7-07	:21:05
4	A. Haughton	7-03	:28:08
5	S. Hong	7-01	:35:04
6	M. Jimenez	7-07	:42:11
7	D. Islen	7-06	:49:17
8	A. Haughton	7-06	:56:23
9	S. Hong	7-00	1:03:23
10	M. JIMINEZ	7-08	1:10:31
11	D. ISLEN	7-29	1:18:00
12	A. HAUGHTON	7-13	1:25:17
13	S. HONG	7-00	1:32:17
14	M. JIMINEZ	7-26	1:39:43
15	A. Haughton	7:37	1:47:06
16	Daniel Islen	3-23	1:50:29
17	JEUNG GIL HONG	3-22	1:53:51
18	M. JIMINEZ	3-29	1:57:03
19			: : :
20			: : :

Gender Male Female

Age Group Open Masters (40+ years)

Total Distance Covered

Completed 2K laps x 2	3,200m
+ completed 1K laps	3,000m
+ distance on last flag passed	775m
TOTAL	3,375m

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

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	Daniel Islen	3:23	1:50:29
2	S. Hong	3:22	1:53:51
3	M. Jimenez	3:12	1:57:03
4	A. Haughton	2:57	2:00:00
5			: : :
6			: : :

Office Use Only

Gender: MALE Position:

Age Group: OPEN Distance Covered: 3,375