

Liana 3314
40 15 7m

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



One Hour Relay - Team Tally Sheet

Team Name: Mt Samson Mini's
 Team Runners: 1. Jared 2. Chris
 (Maximum of 3) 3. Bob

1K LAPS			
Lap	Runner's Name	Lap Time (Optional)	Elapsed Time H : M : S
1	Jared	4.50	: 4 : 50
2	Chris	4.39	: 9 : 29
3	Bob	4.50	: 14 : 28
4	Jared	5.20	: 19 : 49
5	Chris	4.54	: 24 : 44
6	Bob	5.09	: 29 : 53
7	Jared	5.20	: 35 : 13
8	Chris	5.15	: 40 : 29
9	Bob	5.47	: 46 : 17
10	Jared	5.15	: 51 : 39
11	Chris	4.58	: 56 : 32
12	Bob	3.28	: : :
13			: : :
14			: : :
15			: : :
16			: : :
17			: : :
18			: : :
19			: : :
20			: : :
21			: : :
22			: : :
23			: : :
24			: : :
25			: : :
26			: : :

Gender Male Female
 Age Group 10 & Under 14 & Under

Total Distance Covered
 Completed 1K laps 11.000m
 + distance on last flag passed 675m

TOTAL 11.675m

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

Distance is calculated to the last flag passed.

Office Use Only
 Gender: Boys Position: 4th 1410
 Age Group: 14 & Under Distance Covered: 11-675