

1

2011 Queensland Running Rockett Relays

21 May 2011 - Pine Rivers Park, Strathpine

One Hour Relay - Team Tally Sheet



queensland
RUNNING

Team Name: MT SIMSON

Team Runners: 1. LIANA ARRELL 2. Georgia Friedrichs

(Maximum of 3) 3. Gemma Arbell

1K LAPS			
Lap	Runner's Name	Lap Time (Optional)	Elapsed Time H : M : S
1	Liana Arbell	✓	: : :
2	Georgia Friedrichs	✓	: : :
3	Gemma Arbell	✓	: : :
4	LIANA	✓	: : :
5	GEORGIA	✓	: 5 : 24
6	GEM	✓	: : :
7	LIANA	✓	: : :
8	GEORGIA	✓	: 5 : 35
9	GEM	✓	: : :
10	LIANA	✓	: : :
11	GEORGIA	340m	: : :
12	GEM		: : :
13	LIANA		: : :
14	GEORGE		: : :
15	GEM		: : :
16	LIANA		: : :
17	GEORGE		: : :
18	GEM		: : :
19	LIANA		: : :
20	GEORGE		: : :
21	GEM		: : :
22	LIANA		: : :
23	GEORGE		: : :
24	GEM		: : :
25			: : :
26			: : :

Gender

Age Group

Male

10 & Under

Female

14 & Under

Total Distance Covered

Completed 1K laps 10.000m

+ distance on last flag passed 340m

TOTAL

10.340
.....m

End of Relay Instructions

1 minute to go
End of race

gun fires once
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: F.

Position: 5th 4/10

Age Group: 10 & U.

Distance Covered: 10.340