

1

2011 Queensland Running Rockett Relays

21 May 2011 - Pine Rivers Park, Strathpine



One Hour Relay - Team Tally Sheet

Team Name: Rats B

Team Runners: 1. David Leuchs 2. Nayden Wearne
(Maximum of 3) 3. Jonathan Wearne

1K LAPS			
Lap	Runner's Name	Lap Time (Optional)	Elapsed Time H : M : S
1	David		3 : 34
2	Nayden		7 : 31
3	Jonathan		12 : 09
4	David		16 : 03
5	Nayden		19 : 52
6	Jonathan		24 : 52
7	David		28 : 51
8	Nayden		33 : 07
9	Jonathan		38 : 14
10	David		42 : 21
11	Nayden		46 : 52
12	Jonathan		51 : 57
13	David		56 : 02
14	Nayden		59 : 46
15	David		60 : 00
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 14.000m
 + distance on last flag passed ~~14.100~~ 100

TOTAL 14-100.000m

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: Male

Position: 3rd 1400

Age Group: 14 & Under

Distance Covered: 14-100