

1

2011 Queensland Running Rockett Relays

21 May 2011 - Pine Rivers Park, Strathpine

One Hour Relay - Team Tally Sheet



Team Name: RODE RUNNERS

Team Runners: 1. LEWIS 2. JAKE

(Maximum of 3) 3. THOMAS

1K LAPS			
Lap	Runner's Name	Lap Time (Optional)	Elapsed Time H : M : S
1	Lewis	3:52	: 3 : 52
2	Thomas	4:17	: 8 : 09
3	Jake	4:33	: 12 : 42
4	Lewis	4:06	: 16 : 48
5	Thomas	4:22	: 21 : 10
6	Jake	4:40	: 25 : 50
7	Thomas	4:11	: 30 : 01
8	Thomas	4:14	: 34 : 15
9	Jake	4:33	: 38 : 48
10	Lewis	4:28	: 43 : 14
11	Thomas	4:28	: 47 : 42
12	Jake	5:09	: 52 : 51
13	Lewis	4:08	: 56 : 59
14	Thomas		: : :
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 laps12.000m

+ distance on last flag passed725m

TOTAL**13.725m**

End of Relay Instructions

725 metres

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: M.

Position: 2nd 1000

Age Group: 1000

Distance Covered: 13.725