

# 1

## 2011 Queensland Running Rockett Relays

21 May 2011 - Pine Rivers Park, Strathpine

### One Hour Relay - Team Tally Sheet



queensland  
running

Team Name: Terrific Trio

Team Runners: 1. Katrina Robinson 2. Jazmin Smith  
(Maximum of 3) 3. Alannah Mackey

1K LAPS			
Lap	Runner's Name	Lap Time (Optional)	Elapsed Time H : M : S
1	KR		: 3 : 28
2	JS		: 7 : 12
3	<del>KR</del> AM		: 11 : 14
4	KR		: 14 : 45
5	JS		: 18 : 46
6	AM		: 23 : 07
7	KR		: 26 : 37
8	JS		: 31 : 02
9	AM		: 35 : 33
10	KR		: 39 : 14
11	J.S.		: 43 : 33
12	A.M.		: 48 : 15
13	K.R.		: 51 : 53
14	JS		: 55 : 55
15	KR		: 59 : 33
16	AM		: 1 :
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 15 000m  
+ distance on last flag passed 150 m

**TOTAL** 15150 m

#### 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.

#### Office Use Only

Gender: F.

Position: 1st UID.

Age Group: 10 & U.

Distance Covered: 15150.