

1

2011 Queensland Running Rockett Relays

21 May 2011 - Pine Rivers Park, Strathpine

One Hour Relay - Team Tally Sheet



queensland
running

Team Name: THE BIRDIES

Team Runners: 1. CHRISTABEL 2. TILLY

(Maximum of 3) 3. BRONTE

1K LAPS			
Lap	Runner's Name	Lap Time (Optional)	Elapsed Time
			H : M : S
1	Christabel	4:16	: 8:76
2	Tilly	3:33?	: 1:49
3	Bronte	4:38	: 12:27
4	Christabel	4:01	: 16:29
5	Tilly	4:28	: 21:00
6	Bronte	4:58	: 25:58
7	Christabel	4:11	: 30:09
8	Tilly	4:41	: 34:50
9	Bronte	5:23	: 40:13
10	Christabel	4:15	: 44:28
11	Tilly	5:03	: 49:21
12	Bronte	5:11	: 54:42
13	Christabel	4:11	: 58:53
14	Tilly	290m	: 60:00
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 laps13,000m

+ distance on last flag passed290m

TOTAL13,290m

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: 2nd up

Age Group: 10 & U

Distance Covered: 13,290