

# 1

## 2011 Queensland Running Rockett Relays

21 May 2011 - Pine Rivers Park, Strathpine

### One Hour Relay - Team Tally Sheet



queensland

Team Name: THE POCKET ROCKETS

Team Runners: 1. JONATHAN MALLISTER 2. KYLE THOMPSON

(Maximum of 3) 3. JOSHUA PERRY

1K LAPS			
Lap	Runner's Name	Lap Time (Optional)	Elapsed Time
			H : M : S
1	JONATHAN		: 3 : 47
2	KYLE	4:02.2	: 7 : 50
3	JOSHUA	4:05.5	: 11 : 5A
4	JONATHAN	3:53	: 15 : 48
5	KYLE	4:09	: 19 : 57
6	JOSHUA	4:07	: 24 : 05
7	JONATHAN	3:59	: 28 : 03
8	KYLE	4:21	: 32 : 24
9	JOSHUA	4:19	: 36 : 45
10	JONATHAN	4:02	: 40 : 47
11	KYLE	4:21	: 45 : 09
12	JOSHUA	4:19	: 49 : 27
13	JONATHAN	3:55	: 53 : 22
14	KYLE	4:22	: 57 : 44
15	JOSHUA		: : :
16			: : :
17			: : :
18			: : :
19			: : :
20			: : :
21			: : :
22			: : :
23			: : :
24			: : :
25			: : :
26			: : :

Gender

Age Group

Male

10 & Under

Female

14 & Under

Total Distance Covered

Completed 1K laps 14 000m

+ distance on last flag passed 575m

**TOTAL** 14575m

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: Boys

Position: 1st 1000

Age Group: 10+ Under

Distance Covered: 14575