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2011 Queensland Running Rockett Relays
21 May 2011 - Pine Rivers Park, Strathpine



Two Hour Relay - Team Tally Sheet

Team Name: TRAIL BLAZERS

Team Runners: 1. NICK SCARPOVI 2. GREG SCARPOVI
(Maximum of 4) 3. ROGER 4. LEE

2K LAPS			
Lap	Runner's Name	Lap Time (Optional)	Elapsed Time H : M : S
1	NICK		: 6 : 35
2	GREG		: 14 : 47
3	ROGER		: 23 : 44
4	LEE		: 31 : 45
5	NICK		: 38 : 30
6	GREG		: 46 : 56
7	ROGER		: 56 : 03
8	LEE		1 : 04 : 12
9	NICK		1 : 10 : 58
10	GREG		1 : 19 : 29
11	ROGER		1 : 28 : 44
12	LEE		1 : 36 : 51
13	NICK		1 : 43 : 42
14	GREG		1 : 52 : 34
15	ROGER		: : :
16	LEE		: : :
17			: : :
18			: : :
19			: : :
20			: : :

Gender Male Female
Age Group Open Masters (40+ years)

Total Distance Covered
Completed 2K laps x 2 28.....000m
+ completed 1K laps000m
+ distance on last flag passed 900...m
TOTAL 29,900...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
Green BLUE 25 metres
Orange GREEN 50 metres
Blue ORANGE 75 metres
Red/white 100 metres

Distance is calculated to the last flag passed.

1K LAPS			
Lap	Runner's Name	Lap Time (Optional)	Elapsed Time H : M : S
1	ROGER		1 : 57 : 03
2	NICK		: : :
3			: : :
4			: : :
5			: : :
6			: : :

Office Use Only

Gender: M Position:

Age Group: OPEN Distance Covered: 29,900