

1

2014 Queensland Running Rockett Relays

31 May 2014 - Pine Rivers Park, Strathpine

One Hour Relay - Team Tally Sheet



Team Name: QR SAMPLE TEAM 1

Team Runners: 1. COLLEEN HILLS 2. ANNE SCOTT
(Maximum of 3) 3. SANDY GRATTAN

1K LAPS			
Lap	Runner's Name	Lap Time (Optional)	Elapsed Time H : M : S
1	COLLEEN	3:12	0:3:12
2	ANNE	3:16	0:6:28
3	SANDY	3:10	0:9:38
4	COLLEEN	3:15	0:12:53
5	ANNE	3:20	0:16:13
6	SANDY	3:10	0:19:23
7	COLLEEN	3:25	0:22:48
8	ANNE	3:25	0:26:13
9	SANDY	3:20	0:29:33
10	COLLEEN	3:30	0:33:03
11	SANDY	3:30	0:36:33
12	ANNE	3:25	0:39:58
13	SANDY	3:40	0:43:38
14	COLLEEN	3:50	0:47:28
15	ANNE	4:10	0:51:38
16	COLLEEN	4:00	0:55:38
17	SANDY	3:40	0:59:18
18	ANNE		: :
19			: :
20			: :
21			: :
22			: :
23			: :
24			: :
25			: :
26			: :

Gender Age Group

- Male 10 & Under
 Female 14 & Under

Total Distance Covered

Completed 1K laps17.000m
 + distance on last flag passed1.50m

TOTAL17.150m

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:

Position:

Age Group:

Distance Covered: