

# 2

## 2014 Queensland Running Rockett Relays

31 May 2014 - Pine Rivers Park, Strathpine

### Two Hour Relay - Team Tally Sheet



Team Name: QR SAMPLE TEAM 2

Team Runners: 1. ROGER GRATTAN 2. TIM CLASS-AULIFF  
(Maximum of 4) 3. STEVE ISELIN 4. ANDREW WARD

2K LAPS			
Lap	Runner's Name	Lap Time (Optional)	Elapsed Time H : M : S
1	ROGER	11:15	0:11:15
2	TIM	10:40	0:21:55
3	STEVE	12:30	0:34:25
4	ANDREW	10:20	0:44:45
5	ROGER	11:25	0:56:10
6	TIM	10:35	1:06:45
7	STEVE	12:40	1:19:25
8	ANDREW	10:25	1:29:50
9	ROGER	11:20	1:41:10
10	TIM	10:50	1:52:00
11			: :
12			: :
13			: :
14			: :
15			: :
16			: :
17			: :
18			: :
19			: :
20			: :

Gender	Age Group
<input checked="" type="checkbox"/> Male	<input type="checkbox"/> Open
<input type="checkbox"/> Female	<input checked="" type="checkbox"/> Masters (40+ years)

Total Distance Covered	
<u>10</u> completed 2K laps x 2	<u>20</u> 000m
+ completed 1K laps	<u>1</u> 000m
+ distance on last flag passed	<u>750</u> m
<b>TOTAL</b>	<b><u>21750</u>m</b>

**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.

1K LAPS			
Lap	Runner's Name	Lap Time (Optional)	Elapsed Time H : M : S
1	STEVE	5:10	1:57:10
2	ANDREW		: :
3			: :
4			: :
5			: :
6			: :

Office Use Only			
Gender:	.....	Position:	.....
Age Group:	.....	Distance Covered:	.....