

1

2017 Queensland Running Rockett Relays

10 July 2016 - Pine Rivers Park, Strathpine



One Hour Relay - Team Tally Sheet

Team Name:

Team Runners: 1. 2.

(Maximum of 3) 3.

1K LAPS			
Lap	Runner's Name	Lap Time (Optional)	Elapsed Time
			H : M : S
1			: :
2			: :
3			: :
4			: :
5			: :
6			: :
7			: :
8			: :
9			: :
10			: :
11			: :
12			: :
13			: :
14			: :
15			: :
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 laps000m

+ distance on last flag passedm

TOTALm

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: