
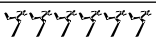
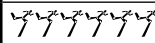


Team Time Record

Team Name: _____ Start: _____ Bib: _____

Leg	Runner Name*	Distance/ Difficulty	Time of Exchange*	Runner Leg Time	Min./Mile Pace	Cumulative Team Time
1		4.8 E				
2		4.7 E				
3		4.1 E				
4		7.4 M				
5		5.0 E				
6		4.5 E				
7		6.9 M				
8		7.4 M				
9		5.6 E				
10		8.9 VH				
11		7.1 H				
12		4.8 H				
13		6.0 M				
14		5.0 H				
15		6.5 H				
16		5.3 E				
17		4.9 E				
18		5.8 H				
19		7.0 H				
20		5.9 H				
21		6.5 M				
22		4.2 E				
23		3.7 E				
24		5.9 M				
25		5.5 E				
26		4.2 E				
27		5.6 E				
28		5.1 H				
29		3.0 VH				
30		3.1 VH				
31		6.2 M				
32		4.7 E				
33		6.3 E				
34		6.2 VH				
35		6.5 H				
36		4.7 E				
 Finish		199.0				

* Runner Name and Time of Exchange (clock time of baton transfer) columns are mandatory (entries in the last three columns are optional). Submit Team Time Record to the Medals Booth at the finish to receive medals.