

CONCURRENT RUNNING WORKSHEET

TEAM NAME _____ RACE # _____

DAY (circle) 1 2 3

TIME OF DAY STOPPED NORMAL RELAY RUNNING

HOUR	MINUTES	SECONDS

LEGS RUN CONCURRENTLY

	elapsed time for leg	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; height: 25px;"></td> <td style="width: 33%;"></td> <td style="width: 33%;"></td> </tr> <tr> <td style="text-align: center;">HOURS</td> <td style="text-align: center;">MINUTES</td> <td style="text-align: center;">SECONDS</td> </tr> </table>				HOURS	MINUTES	SECONDS
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TOTAL TIME OF LEGS RUN CONCURRENTLY

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CALCULATE TIME OF DAY FINISH BY ADDING
TOTAL TIME OF LEGS RUN CONCURRENTLY
TO THE TIME OF DAY STOPPED NORMAL
RELAY RUNNING

HOUR	MINUTES	SECONDS

Signature _____

Sample Calculation

TEAM NAME Lost & Found Runners RACE # 00

DAY (circle) 1 2 3

TIME OF DAY STOPPED NORMAL RELAY RUNNING

4	38	23
HOUR	MINUTES	SECONDS

LEGS RUN CONCURRENTLY

B18	elapsed time for leg	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;"></td> <td style="width: 33%; text-align: center;">43</td> <td style="width: 33%; text-align: center;">18</td> </tr> </table>		43	18
	43	18			
B19	elapsed time for leg	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;"></td> <td style="width: 33%; text-align: center;">55</td> <td style="width: 33%; text-align: center;">12</td> </tr> </table>		55	12
	55	12			

TOTAL TIME OF LEGS RUN CONCURRENTLY

1	38	30
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CALCULATE TIME OF DAY FINISH BY ADDING
TOTAL TIME OF LEGS RUN CONCURRENTLY
TO THE TIME OF DAY STOPPED NORMAL
RUNNING

6	16	53
HOUR	MINUTES	SECONDS

Signature John Hancock