

# RELAY INSTRUCTIONS

**RUNNER #1...0.0m – 6.0m = 6.0 miles @ Herring Pt.**

- Wears a RED RELAY bib on their back
- Wears a TRI CHIP on their Rt Ankle

**RUNNER #2...6.0m – 13.11m = 7.11 miles**

- Wears a YELLOW BIB on their front
- Wears the same TRI CHIP on their Rt Ankle

## NOTES...

- Relay Runner # 1 will start along with the individual half-mar  
. and the 5k...Just 1 Start

- Relay Runner # 1 will reach the 6.0m Exchange Point and switch the TRI CHIP at Herring Pt.

- Relay Runner #2 will run the second half of the race and cross the finish with a bib on the front and a tri chip on the ankle.

o The Yellow Bib, B Chip on the rear of the Yellow Bib & tri chip all will be the same Race Number.

- Failure to follow these rules will be a disqualification

Thank You,  
Race Director- SS