



## RELAY INSTRUCTIONS

RUNNER #1...0.00m – 6.55m

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

RUNNER #2...6.55m – 13.11m

- Wears a YELLOW BIB on their front
- Wears the same TRI CHIP on their Rt Ankle
  - If you want to switch the RED RELAY BIB feel free but not a requirement.

NOTES...

- Relay Runner # 1 will start along with the individual half-mar. and the 5k...Just 1 Start
- Relay Runner # 1 will reach the 6.55m turnaround point and switch the TRI CHIP
- 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.
  - 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

