



## *Instructions for relay teams*

- **The swimmer** gets the swim cap. They are the only team member who can pick up the race timing chip on race morning.
- **The cyclist** gets the bike sticker, which goes on the frame or seat post.
- **The runner** gets the race bib, which needs to be worn on the front of their body during the race
- **All team members** must be body-marked (using the Sharpie provided to you) with an "R" on their calf (denoting they're part of a relay team) and a security wristband (which must be worn until the race is over).

On the morning of the race, all relay team members need to be body marked with the assigned team number. The swimmer picks up the timing chip, since they will be the first team member to use it.

All team racers need to be certain each participant crosses the timing mat in and out of transition. This is the only way your race time will be recorded... and remember your time in transition is counted against your final race time, so be safe but be quick getting in and out of the transition area.

Handing off the timing chip occurs only in the transition area, and it's recommended that team members wait by the team's rack area (all teams will be in the same area) to hand off the chip. Team members must not get in the way of other athletes before or during the chip handoff. It may go smoother if the team member who is not part of the exchange moves the timing chip and strap from one athlete to another... e.g., the runner moves the chip/strap from the swimmer to the biker, the swimmer moves the chip/strap from the biker to the runner.

The team swimmer wears the timing chip during the swim. The swimmer will proceed to the "relay rack" in the transition area and pass the chip to the team biker there **ONLY**. The team biker can be fully dressed with helmet and shoes on. Bike numbers provided with race registration packet should be placed on the bike beforehand. Once the chip is secure, the team biker can exit transition and mount their bike at the mount/dismount line.

After the bike portion, the team biker dismounts and runs their bike back to their assigned spot on the "relay rack" in transition. The team biker then can hand off the chip to the team runner, who can be dressed, numbered and ready to run. The team runner proceeds out of transition area to the run course with the race "bib" number on the front of their body.

Runner crosses finish line (and timing mat) and heads to the chip removal area adjacent to the finish where the timing chip will be collected. If the chip is lost, the team will incur a \$35 charge.