



## Relay Manual

IRONMAN 70.3 AC is SOLD OUT... we will not be able to accommodate additional Teams or Individual Age Group Athletes.

### What is a Relay Team?

A relay team is when 2 or 3 athletes compete as a “group” to finish the triathlon. Typically, one athlete completes the swim, another completes the bike and the final person does the run. Each athlete passes his/her timing strap and chip from one to the other as they complete their respective leg of the race. A two-person team can complete the race in any combination of legs. All participants must be 18 years of age on race day.

### Relay Registration:

- Athlete check-in hours are:
  - Friday, September 15 from 12:00 pm-5:00 pm
  - Saturday, September 16 from 9:00 am-4:00 pm

\*\* Please note- as there is a mandatory bike check in on Saturday from 10:00 am-4:30 pm, we will NOT HOST a late check in on Saturday, September 16 or have race day check-in available. Please plan accordingly.

- Check in will be located at Bader Field.
  - 601 N. Albany Ave., Atlantic City, NJ 08401
- Due to the flexibility of teams being able to switch members at no cost and handling payment between several people, we do not allow the Full Refund Plan an option to teams.
- **All relay members** must be present and together during Athlete Check-In to pick up their assigned race packets. **(Relay members cannot pick up race packets for their teammates and will not be able to check-in if a relay team member is missing. This is for the safety and legal accountability of all athletes during the event.)**
- All relay members must have a photo I.D. and be covered by USA Triathlon. If you are an annual member, please bring your valid (expires after 09/17/17) USAT card. If you are not a USAT member and did pay for the \$15.00 one-day license, you do not need to bring anything other than your photo I.D. If you must purchase a one-day license, please bring \$15 cash.

- If your team is adding or changing a teammate the new member must purchase a one-day license or provide proof of USAT membership. USAT one-day licenses are not transferable. Please bring \$15 cash.
- At Athlete Check-In, athletes will be required to sign their own individual waivers. A relay team will be assigned one bib number. Each relay team will receive one packet with the following: swim cap, bike label, helmet label, bib, wristbands and tritats.
- Each athlete will receive a participant t-shirt and swag bag.
- Timing chips will be picked up near the exit at Athlete Check-In. There will only be one timing chip per team.
- Relay Medals are given to the runner upon finishing.
- Relay race bibs will begin at 4000's and a different color stripe than the individual participant field. Relay teams should look for the Relay Check-In table at Athlete Check-In.
- At least one original member from the team must compete on race day. Any changes to the team (only teammate changes, discipline changes, or team member additions) need to be made at Athlete Check-In. Make sure all members of the participating team are present.

#### **Timing and Chip Transfer Rules:**

To ensure a proper chip timing reading, relay athletes must keep ankle strap and chip on their ankle at all times. Athletes must make the chip transfer from ankle to ankle at the specified relay area (relay pen) near transition. Athletes must not run with the chip in their hands at any time to ensure accurate chip reading.

The time chip acts as the "baton" and athletes must handoff the timing strap/chip to move forward to the next discipline. Failure to do so will result as a DNF.

Swim to Bike- Bike shall not be removed from bike rack until chip is properly transferred and attached to the next teammate. Swim leg athlete will exit swim and head to transition area where they will locate their bike leg athlete in the relay pen. Only after chip and ankle strap transfer can the bike leg athlete go to the bike rack to begin the bike portion of the event.

Bike to Run- Chip may not be removed until the bike is properly racked in the designated spot.

Run to Finish- Only the run leg relay participant is able to cross the finish line. All other relay team participants will be able to access post-race finish line athlete areas (not including the finish line chute).

- Only the cyclist is allowed in transition, he/she must have the chip from the swimmer before unranking the bike, and must rack the bike before passing the chip to the runner.
- If a relay team member drops out of any leg or fails to meet the given time allotment, the relay team will not be able to continue the race and will be disqualified.

#### **Relay Time Cut-Offs:**

##### **Swim:**

- Relay teams will be entering the water with the Age Group Individual athletes. IRONMAN 70.3 Atlantic City will be using the "rolling swim start". We will NOT have swim waves.
  - Athletes will be directed to self-seed on race morning based on their projected swim time.

- Volunteers and staff will be in the staging area with swim finish times signs and will assist with this process. Self-seeding will not be mandatory but will be encouraged.
- If you are a slower swimmer, please start in the correct swim group. Enter the water with the faster swimmers to “get more time to swim” is not smart and will hinder your swim instead of helping it. The athletes entering the water in the first groups will be an aggressive group and the likely hood of you getting swam over is high. The safest thing an athlete can do is seed according to their actual projected swim time.
- All athletes get 1 hour 10 minutes, regardless of how early they enter the water. The swimmer has one hour and ten minutes (1:10) regardless of how early he/she enters the water. Failure to complete the swim in 1 hour 10 minutes will result as a DNF of the entire team. However, if the biker and runner wish to continue, we will allow them to.

**Bike:**

- Similarly, the cyclist must make the respective time cut-offs on the bike course for the runner to participate.
  - All athletes will have 5 hours 30 minutes after the final swimmer enters the water. Please note, there is an intermediate cut-off time at Delilah + Mill Road at 12:45pm at Mile 48 for the athlete.
  - If the cyclist does not complete the bike course in the time allowed, your race will result in DNF but if your runner wishes to continue, we will allowed them to.

**Run:**

- The runner must make the respective time cut-offs on the run course for the team to complete the IRONMAN 70.3 Atlantic City.
  - The run course will be closed 8 hours 30 minutes after the final swimmer has entered the water. Teams taking longer than 8hours 30 minutes to complete the course will receive a DNF. This stays true for those teams that come across while the finish line is still open.
  - There is an additional run course cut-off time of 2pm. All runners must be off Bader Field by 2pm to continue the run.

**Body Marking:**

- Relay athletes will be given TriTats with their race team number and the letter “R” denoting a relay team. The teams bib number will be marked on both arms and the “R” will be marked on the right calf.

**Medical and Communications:**

- All athletes are required to sign individual medical waivers- no waiver, no race.
- In order to ensure the safety if relay athletes, medical printouts of individual relay team members will be accessible in the race day communication office.

- It is important to establish that space is limited on the race day communication software and therefore only allows spaces for one athlete per bib number. Team relay files will be handy on race day and critical for the medical accountability of these relay athletes.

#### **Race Day Access and Schedule of Events:**

- For safety and security measures, relay athletes are ONLY given access to their respected leg of the event and the relay pen. (i.e. Swimmers and runners are not allowed in transition when there is a relay pen)
- All relay teams will be allowed access to event finish line festivities and post-race photo opportunities.
- It is imperative that relay athletes properly communicate with their team. Each relay team is accountable for being in the designated place at the right time. Athletes are not expected to wait in the transition pen area for the entire length of the race, but athletes should be aware of anticipated finish times associated with each leg. We strongly encourage relay athletes to follow the event schedule and stay close to the relay exchange area.
- \*Please keep in mind that access to race venues may be difficult or not possible due to race road closures. It is up to each athlete to coordinate timing and chip transfer. Refer to the Athlete Guide for specific race start times and road closures.

#### **Finish Line Medals:**

- Volunteers will be instructed to give relay athletes "Relay Medals". If the runner is not given three medals, please ask the volunteer.
- The relay medals are not different than the individual medals.
- Each relay athlete will be give two/three medals (depending on the size of the team) once finished. It is the responsibility of the run leg athlete to distribute additional medals to the team.

#### **Relay Awards:**

- Relay awards are typically given to the top three overall relay teams.
- Scoring is not based on gender or age.
- The top three teams will each receive one award. Please check the Event Schedule for the time and place of the Award Ceremony.

#### **Lost and Found:**

- **Lost and found items will be available at the Information Tent during race week.**
- **It is recommended that you mark your gear with your race number as IRONMAN is not responsible for lost items.**
- **After the conclusion of the event, athletes must contact their race specific email address to locate any missing items and schedule returns.**