

Relay Manual

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 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:

- 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 (not expired) USAT card. If you are not a USAT member and did not pay for the \$15.00 one-day license online please bring \$15.00 cash (credit cards and checks will NOT be accepted). If you purchased the \$15.00 one-day license, you do not need to bring anything other than your photo I.D.
- 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.
- 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, and a bib.
- 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.
- Finisher Hats and Relay Medals are given to the runner upon finishing.
- Race bibs will be a different color flood (typically green, see example below) 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:

In order 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 timing 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 and make the chip/ankle strap transfer. Swim athlete must stay within the confines of 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 allowed in transition, he /she must have the chip from the swimmer before un-racking 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:

- Relay teams will be assigned to either their own wave or with another Age Group wave. It is crucial that the swimmer starts with their correct wave and start time.
- The relay wave positioning is at the discretion of the race organizers. The swimmer has one hour and ten minutes (1:10) from the start of the final wave to complete the swim portion of the race. Failure to do so will result as a DNF of the entire team. Similarly, the cyclist must make the respective time cut-offs on the bike course for the runner to participate. Please refer to the Athlete Guide for the intermediate time cut-offs on each bike and run course.

Body Marking:

- Relay athletes will get body marked with race team number and the letter "R" denoting a relay team. The team's 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 of 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 space 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. **The running leg athlete will be the only participant allowed to cross the finish line.** Crossing the finish line as a team will result in disqualification.
- 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 the 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 different than the individual medals and should be communicated pre-race to athletes, volunteers, and staff.
- Each relay athlete will be given three/two 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. Shipping fee will apply. *All unclaimed items will be donated within 30 days.