

RULES AND GENERAL INFORMATION - 5 x 5 km TEAM RELAY 2015

1. Closing date for all entries is 21 September 2015. Cash entries may be handed in at any W/Cape branch of SPORTMANS WAREHOUSE, where a receipt (to be produced at registration) will be issued. Online (free of cost) entrants to produce confirmation print-out.
2. The RELAY will start at 12 noon. The cut off is at 17h00, at which time Prizes will be awarded.
3. To qualify for team prizes, a team must consist of 5 registered members of the same club, company, or school. Proof of this may be required before prizes are issued. Teams unable to comply with this rule may still participate, but will not compete for prizes. This allows teams to consist of anything from 1 to 5 persons! This includes persons running for more than one team. If a person runs for more than one team, then only the first team they run for shall be eligible for prize money. Teams consisting of persons from different clubs, companies, or schools are not eligible for prizes money, but may participate.
4. All participants in the Relay must be 12 years or older on race day. Younger participants need to be accompanied by a Parent or foster parent.
5. Club/company/school vest or outfit, visibly displaying Race Number issued on the upper body, must be worn while running.
6. The RELAY NUMBER issued must be worn on the FRONT of the vest or top.
7. Licensed club athletes to wear their 2015 license number on the BACK.
8. Club Juniors (born 1996 or later) wearing a junior or senior license, must display age tags ('J'), to qualify for Juniors age group prizes. Juniors must provide proof of age.
9. Club Junior teams competing for category prize money, MUST consist of registered juniors & wear their age tags. 40+ Club teams competing for prize money must consist entirely of 40+ athletes and wear their age category tags. Open teams can consist of any runners of any age. Any mixed gender team will be classified as a men's team for prize money purposes.
10. Companies and schools teams eligible for prize monies, will be required to produce acceptable proof of work or student status, before being awarded their prize monies.
11. No mobile seconding/pacing will be allowed and will result in the disqualification of the entire team.
12. The team baton must be carried at all times and chip fastened to the ankle with the provided Velcro strip.
13. The baton and chip may ONLY be handed over in the DEMARCATED change-over zone. Failure to do either will result in disqualification.
14. Team Managers or Captains MUST collect their Numbers, batons and Timing Chip (which will be loaned to you) and final written instructions during Registration on Saturday 26 September from 08h00 till 11h30 in the Race Marquee. You must produce a print-out

of your online entry or cash slip from Sportman's Warehouse to register. At 11h30 an important Captains or Managers **briefing** will take place in the Marquee.

15. An Electronic Timing system will do lap recording. The chief referee shall be the final arbiter in resolving any dispute.
16. Final Team composition and order of runners MUST be submitted in writing at **registration**.
17. The normal water and Coke will be provided at the mid-point of the loop and finish.
18. Club, company or school Gazebos may be erected (at no cost) on the lawns around the Marquee in designated areas.
19. No vehicles, caravans, gas equipment or open fires are permitted on the lawns. Alcohol consumption on the lawns is also forbidden. These offences are punishable in terms of City by-laws.
20. General refreshments will be on sale for participants and supporters.
21. No Entry monies will be refunded, unless the organizers reject an entry.
22. The Organisers reserve the right to adjust or reclassify the category of a team during registration or for final results. They may also extend the cut-off date for entries, at their discretion.
23. Medals will be awarded to all members of a team completing the relay. Gold, Silver and Bronze medals are awarded to all the different categories of teams that are eligible to compete for prize-money : Clubs, Corporates, High and Primary Schools.
24. Managers or captains of teams are to collect their awards in the marquee at 17h00.
25. TOG-BAG FACILITY: Will be available at the marquee at own risk. No loose items will be accepted. Do NOT place/leave valuables in the tog-bag. The organisers will exercise vigilance, but will not be liable for any losses that may arise.
26. A medical facility to deal with emergencies will at the marquee.
27. SAFETY : For safety reasons, the use of personal music players/headphones during road races is strongly discouraged. Any person using such device in contravention of IAAF rule 144.3b, who fails to obey a reasonable instruction from a race official, may be disqualified and not be eligible for individual or team prizes.
28. All schools team members must be under the supervision of an adult, whose Name must be furnished under/alongside that of the team Captain or Manager.
29. ELECTRONIC CHIP TIMING : Each team will be supplied/loaned an electronic timing chip. It and the baton needs to be returned to an appointed official by cut-off time at 17h00, or the captain will be held responsible for the replacement cost of R80.
30. PRIZE MONEY : CLUBS Men & Women

Medals

	Open	40 - 49	50 - 59	60 - 69
	12 to 19			
1.	R1000	R 600	R 600	R 500
	R 500	Gold		

2.	R 500		R 300		R 300		R 250
	R 250	Silver					
3.	R 250		R 200		R 200		R 150
	R 150	Bronze					

NOTE : Should any Club age category have less than 10 participating teams, that specific category prize money will be halved.

Corporate and Schools Teams : OPEN category only - no distinction between male or female teams, or mixed teams: School Teams will be separated into Primary School or High School Teams :

1st = R1000 + Gold medals 2nd = R 500 + Silver medals 3rd = R250 + Bronze medals. Note : As with clubs, should any of the Corporate, High Schools or Primary Schools categories, not have at least 10 participating teams, will result in prize money being halved.

PRIZE GIVING is at 17h00 hrs in the Marquee for all Team Captains.