School Sport SA 100km relay

General instructions

1. Start time
   1.1. 7.00am for all teams.

2. Start venue
   2.1. Cnr Esplanade and Wheatland St, Seacliff.

3. Finish venue
   3.1. Cnr Esplanade and Wheatland St, Seacliff.

4. Cost
   4.1. $40 including GST per team. Schools will be invoiced following the event.

5. Team composition (official)
   5.1. Either 2 girls and 3 boys or 3 girls and 2 boys per team.
   5.2. All students must come from one particular school if it is co-ed. Single sex schools may combine with one other such school (of the opposite sex) to make up teams.
   5.3. Students must be currently attending a secondary school.

6. Team composition (unofficial)
   6.1. 5 - 10 students/team but the team is made up of a different combination than for an official team e.g. all boys/all girls/only 1 boy/only 1 girl etc. For clarification, contact the organiser. Not eligible for trophies.

7. Relay design
   7.1. Teams must nominate their team composition and running order prior to the event and maintain it throughout. Each student runs a total of 20kms in 4 x 5km 'legs' in relay order. This is a challenging event, much different to a normal 'fun run', so a 10 week training program is desirable. There can be no substitution of 'legs' by other team members. A total of 2 'pacemakers' can be used to accompany team members. Pacemakers can run or cycle any part of the event.

8. Categories
   8.1. Open - first open team to finish.
   8.2. Junior - first team to finish, consisting of all students aged under 16 years on 1 January of that year.
   8.3. Overall - school award based on combined point’s score of Junior and open teams.

9. Uniform
   9.1. It is compulsory for all runners to wear school athletics top or uniform at all times whilst running during the event.

10. Check in
    10.1. 6.30am to 6.40am. Team managers must see the Secondary School Sport SA official to confirm that their team is present. Relay bands that are used to identify the team category, will be handed out at the start line.

11. Pre-race brief
    11.1. This is for everyone who is involved in this event - team managers, support vehicle drivers and runners. It will take 10 to 15 minutes. This will be held in the carpark at Seacliff. Please be on time so that you don’t miss it!
12. Timing
12.1. Team Managers are asked to time each leg and to record it on the sheet provided in minutes and seconds. You will need a suitable watch/stop watch for this. Two stopwatches per team is even better. Please make sure this information is readable and hand it in at the finish. These sheets are on the website and it is suggested that you print 2 per team so that you can keep a copy for your own records.

13. Consent forms
13.1. Ensure that all competitors are suitably covered by the relevant consent forms. This is the team manager’s responsibility.

14. Check points
14.1. A check point is identified by a sign stating ‘check point’ (red text on white background). Runners must exchange the wrist band at the check point.

15. Food and drink
15.1. There will be a selection of food and drink (at no cost) available at the finish for runners and support crews.

16. Toilets
16.1. There are numerous public toilets along the track. They are located at the start and finish. At leg 1 and 19 change over. At leg 2 and 18 change over, access at the Sailing club. At leg 3 and 17 the nearest toilet is at Henley Square. At leg 4 and 16 toilets are available at West Lakes Aquatic Centre carpark. At leg 5 and 15 at the Semaphore foreshore other side of the Palais. At leg 6 in the park next to the yacht club. At the turn around point at North Haven surf lifesaving club.

17. Team organisation
17.1. Cars can check the progress of runners at suitable points of each leg, but must not drive alongside them.
17.2. Provision must be made for food, drink, first aid, warm clothes; toilet stops (toilet paper).
17.3. All accompanying vehicles must have warning signs such as “runners on road” on the front as well as the back to enhance the safety of competitors and to drive with hazard lights on.
17.4. Runners must run in the nominated order all the way.
17.5. If a team member is injured, the team may finish the event and will receive certificates, but will not be eligible for prizes. The finish official must be notified.
17.6. Bring a black texta to mark ‘J’ (junior) and ‘O’ (open) on the front of one thigh of all runners and the number corresponding to the leg they are running on the other.

18. Traffic rules
It is essential that everyone obeys all traffic rules.
18.1. Runners must run on the left hand side of the footpath and check turning traffic before crossing roads. Runners should be on paths the whole way and not run on roads.
18.2. Support vehicles must drive so as not to be a hazard. They definitely must not drive slowly behind the runner.

19. Finish
19.1. If the team averages 5 minutes per kilometre, they will reach the finish at about 3.20pm. Typically, the first team arrives at approximately 1.45pm to 2.00pm (averaging 3.8mpk). The whole team may run into the finish together.

20. Prizes and presentation
Junior category
20.1. Plaque for first. Medallions for the first junior team to finish (this includes the pacemakers). The first 3 teams receive certificates.
Open category
20.2. Plaque for first. Medallions for the first open team to finish (this includes the pacemakers). The first 3 teams receive certificates.

Overall category
20.3. Plaque for first. The plaque goes to the school with the best junior and open team results on a combined place score e.g. junior fifth + open tenth = 15 points - the lowest score wins. In the event of a tie, the winner will be decided by combining the times for both teams - the lowest time wins.
20.4. Presentation of prizes will be at the finish at Seacliff at approx. 3.00pm.

This is a physically demanding event. Teachers/team managers must therefore ensure that competitors are adequately trained in preparation for it. It is recommended that students should be training at least four times per week for ten weeks before the race.

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