Secondary School Sport SA 50km relay

General instructions

1. **Check in**
   1.1. 8.30 to 8.45am. Team managers must check in with the SSSSA. Official to verify that their team(s) is/are present and to receive timing forms/relay bands etc.

2. **Pre-race briefing**
   2.1. 9.00am sharp. This is for team managers, support vehicle drivers and runners. It will be held in the gym and will take 10-15 minutes. Please be on time.

3. **Team organisation**
   3.1. Each team must be self sufficient
   3.2. Provision must be made for food, drink, First Aid, warm/dry clothes, toilet stops (toilet paper).
   3.3. The runners must run in the nominated order all the way and only 2 pacemakers per team are allowed.
   3.4. Pacemakers are permitted to cycle.
   3.5. If a team member is injured, the team may finish the event and will receive certificates, but they will not be eligible for prizes. Please notify the finish official of the injury.
   3.6. All team members must wear a team shirt/singlet displaying the SSSSA athletics number or the school name.
   3.7. 8, 9, 10 or open must be marked on the front of the thigh of all competitors according to the team they are in. They must also have the number corresponding to which member of the team they are marked on the front of the other thigh.

4. **Check points**
   4.1. These will be indicated by a sign post marked check point. Runners must exchange relay bands (supplied) at the check point. Failure to do so will result in disqualification.

5. **Traffic rules**
   5.1. This course does not require runners to cross any main roads. On the Linear Park, normal traffic rules apply i.e. keep to the left at all times. It is frequently used by cyclists who should ring their bell to indicate they are about to overtake - runners keep to the left.

6. **Knowledge of the course**
   6.1. It is imperative that all competitors be familiar with the course. It generally follows the River Torrens with minor deviations along the side of the busway. The course has been kept as simple as possible with some changing from one side of the river to the other but this is minimal. If a runner does get confused as to where to go, the general rule is to follow the river. At worst, they will be on the wrong side of the river.
   6.2. It is strongly suggested that teams ride the course on bikes at some date prior to the event.
   6.3. Sign posts will be posted at corners and points of confusion with white dots being used at junctions in the path

7. **Support vehicles**
   7.1. The time taken by competitors to run each leg will be a minimum of 10 to a maximum of 20 minutes. This means that the support vehicles do not have excessive time to get the next runner to the next changeover point.
   7.2. The support vehicle must be at the changeover point promptly to ensure that there is no delay in passing over the relay band.
   7.3. The support vehicles - suggested route information (found on the website) should enable drivers to get to the next changeover point in sufficient time - provided that the previous
changeover point is left promptly.

8. Consent form
8.1. Although this race is not being run on the road, it is essential that competitors be covered by a suitable consent form which informs all necessary personnel of the nature of the event.

9. Finish
9.1. If the team averages 5 minutes per kilometre, it will return to Marden in 4 hours. The fastest teams will average approximately 4 min/km and the slowest 6-7 min/km. The whole team may run into the finish together. The last runner must hand the relay-band to the finish marshall who will record the official finishing time.

10. Prizes and presentation
10.1. Year 8, 9, 10 and open categories. Plaque for each winning team.
10.2. Medals for first placegetters (including pacemakers). Certificates for second and third.
10.3. Participation certificates for all competitors.
10.4. School team category. A plaque will be presented to the school with the best result across any 2 age categories. E.g. Year 8 fourth and year 10 sixth = 10 points. In the event of a tie, the winner will be the school with the lowest combined times for both teams.
10.5. The presentation of prizes will be at approximately 2.15pm. If a team is running very slowly, it may miss the presentation. This is unfortunate but in the interests of teams needing to travel home, the presentation can’t be delayed indefinitely. The finish checkpoint will nevertheless remain open until the last team arrives.

11. Food and drink
11.1. There will not be any food available at the loop at Dernancourt. Drinks will be supplied there. A variety of food and drink will be available (free of charge) to all competitors and support crew at the finish.

12. Fitness
12.1. This is a physically demanding event, so team managers should ensure that students are suitably trained in preparation for running this distance.