



**35TH TRINIDAD & TOBAGO INTERNATIONAL MARATHON
& MARATHON RELAY**
Sunday January 29, 2017

INSTRUCTIONS FOR PARTICIPANTS

The Marathon Committee and sponsors of the Trinidad and Tobago International Marathon welcome you to our race. We pride ourselves in having the oldest event of its kind in the Caribbean. You, the participant, whether you are an elite athlete or a back-of-the-pack finisher, are our number one concern. We want you, in spite of the demands of the marathon, to enjoy yourself, to be as comfortable as is possible in an event as grueling as this one.

The RULES OF THE RACE, as outlined below, are intended to further this aim. In order that the race may be conducted in accordance with the rules of the local NAAA and the IAAF, you are requested to READ THEM CAREFULLY, and ensure that on race day you comply with them in order to avoid disqualification or embarrassment. The rules below also apply to the Marathon Relay, except where specifically identified. Please view the prize structure on the website or registration form to avoid any disputes later on. Abide by the rules and have a great race!

RULES OF THE RACE:

1. Registration fees must be paid and **Promo Codes collected by Wednesday January 18**. Athletes who fail to register Online by January 21 will not be allowed to enter the race. A limit of 75 teams will be eligible to race in the Relay. Overseas athletes are encouraged to register online via the Registration tab, and collect their package on arrival. Bib collection will commence on **Saturday January 21 at the TTOC Office** at 121 Abercromby Street POS. Local athletes are encouraged to register with the NAAA for 2017.
2. AGE-GROUP PRIZES will be awarded only upon presentation of proof of age. Athlete's age will be age on race day. The minimum age for the Marathon Relay is 13 and the marathon 16. Incentives for first-time marathoners will be awarded only if the participant indicates on the application form that he/she is a first-time marathoner, and if this is verified before prizes are announced. Prizes in the PHYSICALLY CHALLENGED DIVISION are limited to PHYSICALLY IMPAIRED athletes (body/limb disabilities).
3. You will be assigned a race number which you must wear at all times during the race. The number MUST BE PINNED TO THE FRONT OF YOUR VEST. Failure to display your number at any point in the race could lead to instant disqualification. NUMBERS MUST NOT BE CUT, ALTERED OR SEPARATED IN ANY WAY.
4. Physically Challenged athletes, walkers and slow runners will start at 3:30 a.m. DUE TO THE DARKNESS PARTICIPANTS ARE REQUESTED TO EXERCISE EXTREME CAUTION ON THE ROUTE. All athletes with an estimated time LESS than 4:30 hours must enter the main event, which starts at 5:00 AM.
5. You must check in at the START-LINE registration desk at *least* 30 minutes before the start of your race. This is located at the St. Mary's Junction, Freeport. First leg Relay participants must check in at the same start line and identify themselves at the Relay desk. Digital timing will be used via strip on your numbers. Failure to collect your race bib prior to race day will disallow you from starting the race. Relay Leg #1 Runners will receive their 'baton' here, which they must run with and hand to their team mate at the changeover zone.
6. For marathon runners without transport a maxi will depart at QRC Car Park at 3:30 am on a first come first served basis. If you are interested kindly contact 757 7772 and indicate your race no. and name. This service is for registered runners only. RELAY transport will be supplied from St. Mary's junction for Relay runners needing to get to their Relay Change Over Zone. Signs will be at the respective Zones for ease of identification.
7. The marathon course is exactly 26.2 miles (42.195 km). A map of the course is available. You are asked to familiarize yourself with it. Referees will be placed at strategic points along the course, and video cameras will record participants at random points along the course. If your number fails to show up at any of these check points, you risk disqualification. The Relay course is the same as the Marathon. Each leg will be 4.37 miles or 7 kilometers.
8. At the start a change-tent is provided, and a bag bearing your number will be used to store your personal items and have them transported to the finish line. PLEASE, DO NOT PUT ANY VALUABLES IN YOUR BAG! ORGANISING COMMITTEE WILL NOT BE RESPONSIBLE FOR THE LOSS OF VALUABLES PLACED IN THESE BAGS. At the finish line, your bag will be given to you upon presentation of your race number.
9. At the start line, athletes will be placed in a particular order by Marshals (Elite athletes, Nos. 1-25 up front). Athletes must comply with this order or face disqualification. The races will be started by pistol or horn at 5:00 AM and the early Start at 3:30 AM Sharp.

10. Once on course, keep to the left of the road, and watch out for vehicles. Although sections of the course are closed to vehicular traffic, caution should be exercised at all times.

11. There will be WATER at the start line and water stations every mile starting at the 3-mile mark. There will also be four (4) GATORADE replacement fluid stations, starting at the 9 ml mark, 13.1 half way point, 20 ml mark and at the finish line. You are advised to drink a little at ALL stations to avoid dehydration.

There will also be two (2) medical stations should you need assistance at KFC Southern/CR Hwy Intersection (apprx 15 mls) and Angostura entrance EMR (21 mls).

12. The course will be marked in MILES. Markers will be placed on the left side on the roads/streets.

13. **YOU ARE NOT PERMITTED TO RIDE IN ANY VEHICLE, BICYCLE OR ANIMAL-DRAWN CART DURING THE RACE.** Should you wish to drop out of the race, you are free to do this at any point. **BUT YOU MUST NOT LATER CROSS THE FINISH LINE OR YOU WILL FACE DISCIPLINARY ACTION.**

14. In accordance with NAAA and IAAF rules, participants are warned that **PACING IS NOT PERMITTED.** If any athlete is suspected of being paced by another non-registered runner/s, or by cyclist/s, he/she will be warned by race officials to desist. Failure to comply could lead to disqualification.

15. Only persons who have completed the entire race on foot must enter the marathon chute (remember, there will be two chutes for runners, the Relay and Marathon) at the finish line. All finishers will receive a medal, however only those crossing the finish line with the timing strip and considered completing the course will be eligible for prizes.

16. The following facilities will be available at the Finish: major medical station, rest tent, refreshment bar, showers for athletes and toilets. Massage therapists will be provided for marathoners only.

17. Anti-Doping testing will be conducted post-race on a randomized basis. All athletes should present themselves if approached. See WADA Rules.

18. Results will be reviewed for queries prior to prize presentation. The top 6 male and top 6 female finishers of the marathon will be requested to present themselves at the stage area for a formal presentation at approx. 9:30 a.m. Prize presentation will be held on race day. Full results will be available after verification by the day's end. Participants can visit www.ttmarathon.com to view results.

19. Reports of irregularities or queries about your placing should be made on race day to Francis Williams-Smith (Race Director) 497 5598, who will advise the Timing Coordinator. Any results announced on race day will be considered provisional until all queries are entertained, and a full report is submitted by the Chief Course Referee. See awards on website.

20. The course will be closed at 11.30am. Athletes whose progress during the race indicates that they will finish well after 11.30 am will be so advised by race officials. **SHOULD YOU DECIDE TO CONTINUE, THE ORGANISERS CANNOT GUARANTEE SUPPORT PERSONNEL** (e.g. Police, TEAM, medical personnel, water stations). Athletes finishing after 11.30 am will not be eligible for prizes.

ABIDE BY THE RULES - AND HAVE A GREAT RACE!

