



**38TH TRINIDAD & TOBAGO INTERNATIONAL MARATHON
FESTIVAL OF EVENTS
Saturday 25th and Sunday 26th, 2020**

ATHLETE GUIDE - TTIM KISS 5K

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, whether a participant in the Relay or 5K, to enjoy yourself, to be as comfortable as is possible.

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 unnecessary confusion. Abide by the rules and have a great race!

RULES OF THE RACE:

1. Registration fees must be paid online and entries completed **by Monday January 13, 2020**
Athletes and Teams who fail to complete registration online by January 13, 2020 will not be allowed to enter the race.
- 1.a. Race Bib collection will be on **Tuesday 21 to Friday 24 January 2020** at the TT Olympic Committee Office 121 Abercromby St, POS 8:30 am to 5:00 pm. On Friday 24th to 4:00 pm. Confirmation page and ID is required to collect your or your team members' bibs.
2. PRIZES will be awarded to the first three overall. Presentation will be conducted on the evening of the event.
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. At the finish line allow officials to REMOVE the bib tab at the bottom if required, follow instructions if guided to do so.
4. **Runners must arrive at the STARTLINE at least twenty 20 minutes before race time.** Start line is at the top of Dere Street Queens Park. The finish line is located at White Hall, QPS. 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.
5. Persons who were unable to collect their race numbers during the collection process may do so before 3:30pm at the Finish line but must make your way to the Start at Dere Street.
6. Personal belongings can be checked in front of Queens Park opposite Dere street.
7. The Queens Park Savannah is 2.3 miles. The race will be run around the QPS making one lap and finishing back at White Hall. Runners are asked to follow instructions at all times.
8. The QPS will be coned and runners are directed to use the inner lane only. Once on course, keep to the right of the road, and be aware at all times.
9. There will be Two WATER stops at Stollmeyer's Castle and Jerningham Avenue, approximately halfway around the QPS. Please ensure to take water for the rest of your trip around.



10. There will be NO mile markers on the course and no directional signs. Police will be stationed en route to ensure your safety at busy areas e.g. corners and intersections.

11. YOU ARE NOT PERMITTED TO RIDE IN ANY VEHICLE, BICYCLE OR ANIMAL-DRAWN CART DURING THE RACE. Should you the runner wish to drop out of the race, he/she is free to do so at any point but do not later enter the finish line shoot, as this may warrant disqualification.

12. 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.

13. Only runners who have completed the entire race on foot must enter the finish chute to complete the race. Please do not obstruct other persons who may still be finishing.

14. Prize presentation will be held on race day. Full results will be available after verification by the next morning. Participants can visit www.ttmarathon.com to view results.

15. Prizes are for the top three Overall male and female Medals for all finishers.

16. Reports of irregularities or queries about placing should be made immediately 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 verification is complete.

17. The course will be closed when the last person has crossed the finish line.

THE RULES ARE FOR YOUR SAFETY, HAVE A GREAT RACE!

