



38TH TRINIDAD & TOBAGO INTERNATIONAL MARATHON

Festival of Events

Sunday January 26, 2020

ATHLETE GUIDE - MARATHON

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. 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 who fail to complete registration online by January 13, 2020 will not be allowed to enter the race.

Race Bib collection will be on **Tuesday 21 to Friday 24 January 2020** at TT Olympic Committee (TTOC) office 121 Abercromby Street, 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 a friend's package.

2. PRIZES will be awarded to the overall five male and female, and the first three age group prizes. Athlete's age will be age on race day.

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, follow instructions.

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 4:45 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. 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.

6. For marathon runners without transport **a bus will depart at QRC Car Park at 3:00 am** on a first come first served basis. If you are interested kindly contact 628 3760 and indicate your race no. and name. This service is for registered runners only no supporters.

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.

8. At the start 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 and signed for receipt.

9. At the start line, elite athletes will be given front line preference by Marshals. 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.



As 2019 was a success, for 2020 we have continued use of the Bus route for your safety. When you reach Curepe Southern Main Road you will now turn left onto the Priority Bus Route (PBR). The PBR will be closed to vehicular traffic all the way to the traffic lights on Eastern Main Road by the Market just before heading into South Quay, Port of Spain.

11. There will be WATER at the start line and water stations every mile starting at the 3-mile mark. **For early walkers there will be an early water stop at the 1.5 mile mark and then at 3 miles.** There will also be three (3) GATORADE replacement fluid stations, the first at the 13.1 halfway point, continuing to the finish line. Marathoners are advised to drink a little at ALL stations to avoid dehydration.

12. The course will be marked in MILES. Markers will be placed on the left side on the roads/streets. **There will also be Red directional signs to guide you.**

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. Supporting vehicles are not allowed on the course and are discouraged as they can obstruct other runners on the course.

15. Only persons who have completed the entire race on foot must enter the marathon chute at the finish line. All finishers will receive a medal, however only those crossing the finish line with the timing chip 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, and toilets. Massage therapists will be provided for marathoners only.

17. Anti-Doping testing may 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 5 male and top 5 female finishers of the marathon will be requested to present themselves at the stage area for a formal presentation. Prize presentation will be held on race day. Age group prizes will also be presented on the 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.

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).**

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