



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

ATHLETE GUIDE - RELAY

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 three overall teams in the Open, all Female and School categories. Presentation will be conducted on the evening of the event. Team members may all come forward to receive their awards.
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. **TEAMS** must participate with the members registered. Changes are prohibited after final registration is complete. In the case of an emergency, team captains may inform TTMC of their wish to change a member. However, teams are not allowed to change members during the race and may be disqualified at any time but prior to prize giving if found to have done so.
5. **Teams must check in at the START/FINISH LINE Check In desk at least or a minimum of 30 minutes before the start of the race no later than 6:00 pm**. This 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. **For OPEN teams kindly identify your Junior and your Senior runners to the Check in assistant**.
6. Teams will be given a baton which must be carried through by each team member for the entire race and handed in at the finish line. Each team member must hand over the baton at each leg change.
7. The Queens Park Savannah is 2.3 miles. The race will be run around the QPS with all change-over zones at the Finish line (situate @ White Hall). Runners are asked to follow instructions and stand in the hand-over zone when your leg is approaching. Referees will be placed at points along the course, to ensure teams complete the course. If your number fails to show up at any of these check points, you risk disqualification.
8. Teams are encouraged to have their supporters cheer them on at the finish line to build the excitement of what will be an energy filled evening. Coolers and refreshments are encouraged. Team personal belongings can be kept by team supporters. **THE ORGANISING COMMITTEE WILL NOT BE RESPONSIBLE FOR KEEPING PERSONAL BAGS AND ITEMS AT THE FINISH LINE** of this event.
9. 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. Note that most of the race will be held at night, and natural street lighting will be lighting for most of the course.
10. There will be One WATER stop at Jerningham Avenue, approximately halfway around the QPS. Please ensure to take water for the rest of your trip around.



11. 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. Memorial Park.

12. YOU ARE NOT PERMITTED TO RIDE IN ANY VEHICLE, BICYCLE OR ANIMAL-DRAWN CART DURING THE RACE. Should a team member wish to drop out of the race, he/she is free to do this at any point but your Team risks disqualification. NO circumstances can a Team substitute a runner for any reason. In the spirit of good sportsmanship, teams can support their runner from the sidelines and give encouragement. Team members cannot however join members to assist, pace or run with them.

13. 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.

14. Only teams who have completed the entire race on foot must enter the finish chute to complete the race. Please do not obstruct other teams who may still be handing over to their team members. All team members will receive a medal, however only one member need cross the finish line, i.e. member with 000.6 number.

15. 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.

16. Prizes are for the top three Overall teams in each category, Schools, Female and Open. Medals for all finishers.

17. Reports of irregularities or queries about team 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.

18. The course will be closed when the last member of the final team has crossed the finish line.

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

