

Diamond change over procedure

- Start from the Diamond: Leg 2, Leg 3 Leg 4 and Leg 5 will all start from the inside of the diamond.
- Participants starting from the diamond may only enter the diamond at or after the listed times below.
Times Participants may enter the Diamond:
Leg 2 – 07:00am onwards
Leg 3 - 08:20am onwards
Leg4 - 08:40am onwards
Leg5 – 09:00am onwards

Entrance to Diamond -

- The Diamond Entrance and Check-in area is on the southern side of the Diamond (see diagram in light blue and marked “check-in”)
- Runners/pairs will be channelled under the cross-over Bridge into the Diamond area by officials. (Participants who have completed their legs will not be allowed to re-enter the diamond)
- Once runners/pairs are inside the Diamond they must precede to their team’s allocated Box according to the teams Race Number. The team Boxes are divided in to Race Numbers starting with an “A” (A 0001 – A 0600) straight ahead and Race Numbers starting with a “B” (B 0601 – B 1200) to the left as you enter the Diamond. It will be clearly marked with yellow signs.
- Race Marshalls will also assist in getting all runners/pairs to their allocated Box. Runners/pairs must then enter their allocated Box and face forward and concentrate on when your team’s previous leg runners/pairs enters the Diamond Baton Exchange area.
- The batons (one per runner of the pair) will then handed over the speed fencing barricade to the next Leg’s pair of runners. These 2 runners will then take the baton and proceed to exit the diamond as directed by the marshals.
- Participants to hand over and finish in the Diamond: Leg 1 Leg 2, Leg 3 and Leg 4:

Entering the diamond to complete leg and hand over:

When participants enter the diamond to hand over they must follow the signs as indicated on their numbers:

- Numbers A0001 – A0600 will keep to the left when entering the Diamond and once turned left at the start of the diamond look out for their allocated box marked with a yellow sign on the fence to hand over to their teams next legs runners. Once handed over runners will follow the exit signs to exit the Diamond.
- Numbers B0601 – B1200 will keep to the right when entering the Diamond and once turned right at the start of the diamond look out for their allocated box marked with a yellow sign on the fence to hand over to their teams next legs runners. Once handed over runners will follow the exit signs to exit the diamond exchange area.

Buddy Buddy System

- Each team will contain 10 runners running 5 legs in pairs – Buddy Buddy system.
- Buddy Buddy means that each legs pair of runners need to start the leg together and run the entire 6.7km run together as a pair and enter the exchange area handing over as a pair to the next pair.
- No single participants will be allowed to enter the exchange area to hand over without their Buddy/partner.

Race Finish

- Leg 5 participants wearing the red race bibs will be separated and directed to the Finish line and will not enter the Changeover diamond.
- Signage – Separate finish will be clearly sign posted so over and above Marshalls the athletes must look out and follow the signage to finish line.
- Buddy Buddy Finish – No athletes without their buddy will be allowed to enter the finish straight until you are accompanied by your team buddy with corresponding race number.
- Red number/Bibs only will be allowed to enter the finish straight.
- All finishers must cross the line with their race baton/Chip otherwise they will not receive results or qualify for category prizes.
- Finishing participants will then follow the exit signs and may proceed to the hospitality section to relax and celebrate their performances with the rest of their team.
- Cut off time will be 13:30

Rules

- Event run under the rules of ASA and CGA:
- Please refer to entry form and website for full list of race rules.
- All Marshalls, officials and Traffic officers to be obeyed at all times.
- Indemnity forms – All 10 team members must personally complete their indemnity forms. Failure to do this will result in the Team Captain not being allowed to collect team race pack until all completed.
- Substitutions – If a runner needs to be substituted – Race office must be informed and substitute must complete an indemnity form.
- Medical – it is the responsibility of each participant to insure they are fit and healthy to partake in the event.
- No chip no Result – No chip no Prize.

Category / Team rules

Categories

- Men = 10 x Men (18 years and Older)
- Women = 10 x Women (18 years and Older)
- Mixed = 5 x Men or less with the balance been Women (18 years or older)

Teams

Teams consist of 10 members and each member may only complete one leg for the team. Members must comply by the buddy buddy system. A member may take part for another team in another leg as long as they don't compete more than one leg for one team.

All 10 members must belong to the same organisation.

Each member to be an employee of club member or registered at the institution.

Family Fun Walk

- Start Time 08:30
- Distance 1.67km
- Route – circular pleasant route inside the Nasrec expo Grounds.
- Medals to all finishers.