



Relay Run 2019 Participants Guide

1. Each Team will have 4 members, of which the following 2 participants are MANDATORY:
 - ✓ One **MALE** participant above 45+ years (in case teams are unable to get a male participant above 45 years, the threshold age barrier can be relaxed up to 40 years and above) Make it 40+
 - ✓ One FEMALE participant.
 - ✓ The other 2 participants can be any combination of Male & Female participants
 - ✓ (PLEASE NOTE: Minimum age of the participant should be 16 and above. Participants in the age bracket of 12-16 years are allowed ONLY if they are in the same team as their parents)
2. Distance: 4 km per participant (4 * 4 km). Each participant will have to cover 4km.
3. **Handicap:** Each team will be given a time handicap based on age and gender of the participant
 - ✓ **MALE RUNNER 40+:** Each male runner above the age of 40 will be given a time handicap of 15 Seconds. Thus, a Male Runner aged 45 years will have a time handicap of 75 seconds (5yrs * 15 Seconds)
 - ✓ **MALE RUNNER:**
 - a. Runners from 16 to 40 will have no handicap.
 - b. Runners from 12 to 16 will have a handicap of 15 seconds per year.
 - ✓ **FEMALE RUNNER:** Each Female runner above 25 will have a handicap of a fixed 8 Minutes plus 24 seconds per year above 25. Runners from 16 to 25 will have a fixed 8 Minutes handicap. Runners from 12 to 16 will have a handicap of 8 Minutes plus 24 seconds per year below 16. Thus, a Female Runner aged 40 will have a time handicap of 8 minutes + 360 seconds (Total handicap of 14 minutes and 00 seconds)
4. How to calculate the handicap, if any particular team has following combination:
 - ✓ Mandatory Male: 45 Years (Handicap: 5 * 15 Sec = 75 seconds)
 - ✓ Mandatory Female: 40 Years (Handicap: 8 minutes + 15 * 24 seconds = 14 minutes and 00 seconds)
 - ✓ Male: 19 Years (Handicap: 00 seconds)
 - ✓ Male: 30 Years (Handicap 5*15 = 75 Seconds)
 - ✓ The total handicap of the team will be: 16Minutes and 30 Seconds (75 seconds + 14 minutes 00 seconds + 75 seconds)
5. The team with highest handicap will start first and subsequent teams will start as per their combined time handicap. The maximum handicap allowed is 60 minutes, thus the fastest teams will start no later than 60 minutes of the slowest team.
6. Each team has to give itself a name and make their own BIBs. Prizes will be given for the 2 best names.



7. Teams can run in unique costumes. Prizes will be given for the 2 best costumes.
8. There will be aid stations at the 2nd km mark and start point.
9. Prizes will be given for TOP 3 teams
 - a. Fastest Finishers
 - b. Best Name
 - c. Unique Costumes
10. Determination of Best Names & Costumes is at our discretion.
11. Relay starts at 5:30 promptly or whenever the setup is completed whichever is later. We will not wait for any teams to assemble.
12. Team members can start in any order. However, it is desirable that ladies, older runners & novices start earlier. When the sun is hotter, the more experienced runners can start.
13. Each runner must cover 4km lap. Runners will hold a baton and run. After completion of the relay leg, the runner hands over the baton next team member and pass on to next member until all the 4 members of the team finish the relay.
14. Timing will be recorded manually, hence all the runners are requested to report at the finish line to record the timings.
15. Winners will be determined purely on the basis of the last runner crossing the finish line. It is not based on timing chips.
16. Estimated time for the event is 3 hours. In case it becomes too hot or too delayed, we may close the event after the winners are determined.
17. Pacing of runners is not allowed at all.
18. Should have any queries please write to operations@hyderabadrunners.com & gs.sudhakarao@gmail.com