

2015 ARENA ATTACK INDOOR MARATHON RELAY

TEAM COMPETITION INFORMATION

It is the responsibility of the members of each team to carefully adhere to the general and specific guidelines.

GENERAL GUIDELINES

1. Team captains are responsible for making sure that all members of their team are registered.
2. The verification of eligibility, official results and the final standings of all team entrants rests with the event organizers.
3. No runner may be enrolled on more than one team.
4. Event organizers will issue each team a baton on race day. A digital chip in the baton will track each team's lap count and race time.
5. A baton or bracelet must be passed between running team members.
6. Baton exchanges must take place with the designated exchange zone.
7. To minimize slipping hazards, fluids will not be allowed on the course. A specific hydration station will be set up on the course for the runners where fluids or snacks could be consumed.
8. Seating will be positioned in the concourse for safe and comfortable spectator seating.
9. The bathrooms at the XL Center will be available for use.
10. The atrium of the XL Center will be used as indoor athlete warm up area.
11. The race will be chip timed and the laps will also be counted digitally. Using an overhead projector and screen, we will display how many laps remain for each team. The screen will be in your clear line of sight during your run.
12. Each team member can run as many laps, as often as they like.
13. Each team member must run at least 1-lap.
14. The first team with their baton across the finish line is the winner.
15. There will be a 5-hour time limit for each team to complete the distance.
16. Registration is non-refundable.

SPECIFIC GUIDELINES

OPEN

1. Maximum of 4-team members / Minimum of 2-team members.
2. Awards will be given to the top three teams.

ALL MALE & FEMALE

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2. Awards will be given to the top three teams.