



### RELAY TEAMS: INSTRUCTIONS

**Note: You must tag each team member at the RACKED bike.  
The timing chip on the Velcro band is your baton!**

**Swimmer:** Wear the timing chip around one ankle (either one) over your wetsuit if ankle length. You do not wear a race number. After your swim, run into transition. At the racked bike YOU must place the timing chip around one ankle of the cyclist.

**Cyclist:** You do not wear a race number. Wear a cycle helmet fastened on your head. Wait for your swimmer at the appropriate racking position.

- **DON'T REMOVE YOUR BIKE FROM THE RACK UNTIL YOUR SWIMMER HAS TAGGED YOU BY PLACING THE TIMING CHIP AROUND YOUR ANKLE (either one).**
- After the cycle, you must rack your bike in its original position.
- After you have racked the bike, your runner will remove the timing chip from your ankle and place it around their own ankle.

**Runner:** Wear the race number on your front. Wait for your cyclist at the appropriate racking position. **After the bike has been racked**, take the timing chip from your cyclist's ankle and place it around your ankle (either one) and then proceed on your run. Make sure your race number is visible on your front as you cross the finish line.

**All relay team members will be allowed access to the transition area.**