

# SCS Handicap Relay – Event Rules.

**Monday 26<sup>th</sup>. December 2010 at Ballannette.**

1. Entry forms must be submitted to Andy Fox, 61, Brunswick Road, Douglas, IM2 3NW, no later than 10pm Saturday 10th December 2011 **No late entries will be accepted under any circumstances.**
2. The entry fee is £24 per team. Cheques should be made payable to **Manx Harriers.**
3. Each team must appoint a team manager, to be responsible for the conduct of the team and for notifying the organisers of team changes. The team manager will be contacted beforehand if a query arises and will be informed in the event of a time penalty or disqualification. Team managers are also responsible for passing on all relevant information and team numbers. The team manager should ideally be present and contactable by mobile telephone throughout the event.
4. The team managers must sign the entry form to acknowledge that all team members are aware of the rules. In particular all competitors must be aware that they are competing at their own risk and should not take part if they have any medical disability that would endanger themselves or others. The team manager must follow the team's progress throughout the event, and ensure that retirements are reported to the officials as soon as possible.
5. A team entered for the SCS Handicap Relay must consist of four runners, male or female. Minimum ages for each leg are: 1<sup>st</sup> – 18; 2<sup>nd</sup> – 15; 3<sup>rd</sup> – 15; 4<sup>th</sup> – 18. All ages on the day. Your runners must run the leg as stipulated on the entry form. To change order could alter the handicap for your team. After close of entries a change of order will bring an alteration to your handicap. To do so without informing the organisers on or before the day will bring a major time penalty and/or disqualification.
6. Every runner in the SCS Relay must estimate the time they would take to run 10km on the road on the day of the event (see entry form) for the purposes of handicapping. The organisers will handicap the SCS Relay teams using the information supplied on the entry forms and also known performances in previous events. **The method of handicapping is at their absolute discretion.**
7. Competitors must follow the marked route, unless advised otherwise by the event organisers. Any competitor found to be deliberately deviating from this route will incur a time penalty or disqualification. The route is a clearly marked trail around the farm which is fenced and wide enough for a vehicle to travel along. Underfoot it is dirt track or stony track – trail/fell shoes are advised for competitors to wear.
8. Changes in the team are only permitted in the event of illness. In such cases the team manager must apply in writing and deliver the application to Andy Fox at the address above no later than 5pm on Saturday 24<sup>th</sup> December. A time penalty at the discretion of the organisers will be incurred for each team change made after the closing date for entries. Further changes for reasons of illness will be accepted from the team manager at

the start of the race no later than 9am on the day of the race. Teams making changes at this late stage will not qualify for prizes.

9. All teams must declare themselves and their team membership at the start of the Relay no later than 15 minutes before their designated start time. Competitors must wear their number on the front of their vest. Numbers must not be torn, folded or mutilated.
10. The organisers will appoint a Race Referee who will be contactable by mobile telephone throughout the event. The Race Referee will have the absolute authority to make any decisions relating to the event as he/she sees fit. Such decisions may include the imposition of penalties or disqualifications, and the curtailment of the race if conditions dictate. In all cases the decision of the Race Referee will be final.
11. This year the timing system in use is the dibber system. Each team will have a dibber which has to be placed in the timing box at each change over before the next runner can continue on the course. The dibber has to be carried by each runner as they complete their leg. More details about this will be forwarded to team managers, with numbers, on Monday 19<sup>th</sup>. December 2011.
12. Further information may be obtained from **Andy Fox on 626415 or 495830.**