



**\*ALL TEAM MEMBERS MUST CHECK-IN PRIOR TO COMPETITION\***

## **10K RELAY RULES**

### **Format:**

- 6 different runners (3 male + 3 female)
  - CANNOT race with less than 6 runners.
- Relay-Race (1 mile loop each leg)

### **Equipment:**

- Team Relay Baton, provided

### **Sport Specific Rules:**

- Each team will be given a Team Relay Baton to run with throughout the race.
- Each runner will complete their leg of the race, then exchange the baton to the next runner in the designated zone.
  - Runner #1 will run approximately 1.2 miles.
  - Runner #2 - #6 will run approximately 1 mile.
- The anchor, or last runner, will bypass the exchange zone, and end their run in the finish-line chute.
- Runners must remain in order of finish in the chute until their baton has been pulled by race officials.
- Scoring and determination of finish will be based on final elapsed time for all members of the relay team.

### **Other:**

- **Late Team / Forfeit Rule:**
  - A team not checked-in at the start of the race will be forfeit.

**Cleveland Corporate Challenge staff members and officials reserve the right to settle any disputes, as well as, interpret, modify, and enforce all rules and regulations.**