

# Annual Cross Island Relay

## RULES

Sponsored By



### Organised by the Cayman Islands Hash House Harriers

#### REGISTRATION

- **In Person Registration is from 9am to Noon at Camana Bay on Saturday the day before the race.**
- **One member of each team must collect all Race Numbers for their team.**
- There is NO registration or team number collection on race day
- Team Batons will be distributed at the start of the race Sunday Morning.

#### TEAM CAPTAIN

- Each Team shall appoint a TEAM CAPTAIN
- TEAM CAPTAIN responsibilities include:
- Collection and distribution of Team Race Numbers, Shirts, Rules, etc. to all members of Team
  - Ensuring all members of Team know rules and route of the race
  - Transportation of team members throughout the race
  - Providing water at the end of each leg for his/her Team

#### RACE INFORMATION

- Race starts promptly at 5:00 am from Colliers Public Beach East End
- Teams must have 6 different runners in order to qualify for awards
- If a runner runs more than 1 leg for the same team that team is not eligible for awards.
- Runners may run legs for different teams although only the highest placed team in which they participate will be eligible for awards.

- Runners must carry and pass the baton at the designated relay points
- Runners must have his/her team number clearly affixed on the **FRONT** of his/her shirt or shorts
- Roads will be open to vehicular traffic and all participants will obey the rules of the road
- Participants will abide by all Marshal instructions
- Participants must be able to complete his/her leg of the race in 50 minutes from the start of his/her leg
- Walking is allowed during the race, but a participant walking his/her entire 4 mile leg is strongly discouraged
- Teams are solely responsible for providing water at the changeover areas and for the transportation of their runners
- Drinks will be provided at the conclusion of the race and there will be water at the end of each leg
- Driving near any competitor is not allowed
- Pacing or coaching is NOT allowed
- Do not touch or assist a runner in any way, once he/she has started the leg, as this will be a reason for team disqualification
- When collecting or dropping runners at their respective locations, please **do not park within 100ft each side of the transition line.**

Suggested times runners should be at his/her respective 'starts':

Leg 1: 4:45 am	Leg 2: 5:10 am
Leg 3: 5:40 am	Leg 4: 6:00 am
Leg 5: 6:20 am	Leg 6: 6:40 am

## RACE COURSE DESCRIPTION

Course is measured using the Ocean side of the road for the entire route. All points noted are approximate but each leg is 4 miles long.

**Start:** 100 meters South of Colliers Public Beach, East End.

*Course Description:* The race begins near Colliers Public Beach and follows the Austin Conolly Dr. to Sea View Road to approximately 1/3 mile prior to the Blow Holes.

**Leg 2 Start:** From 1/3 mile East of the Blow Holes.

*Course Description:* From 1/3 mile East of the Blow Holes the race continues along Sea View Road to approximately 1/4 mile East of the Frank Sound Rd. Junction.

**Leg 3 Start:** 1/4 mile East of the Frank Sound Junction.

*Course Description:* From East of the Frank Sound Rd. Junction the race continues along Bodden Town Rd. to just West of Moon Bay Condos near Everglo Bar.

**Leg 4 Start:** 1/4 mile West of Moon Bay Condos near Everglo Bar.

*Course Description:* Continue on Bodden Town Rd. which turns into Shamrock Rd. **Turn left onto the unnamed road opposite Woodland Dr. which is about 1/4 mile East of Savannah Meadows. Marshalls will be on hand to direct runners The exchange is 50 meters down this unnamed road. All vehicles must park on Woodlands Dr. and walk across the road to transition.**

**Leg 5 Start:** 50 meters down the Unnamed Road opposite Woodland Dr.

*Course Description:* Runners will re-join Shamrock Road and continue running West through Savannah Meadows turning left onto Prospect Point Rd. to the leg finish on the disused road between Old Prospect Point Rd and Shamrock Rd. **Please park on Old Prospect Road and walk down the disused road to the exchange.**

**Leg 6 Start:** Abandoned Road off of Old Prospect Road

*Course Description:* From the disused road turn left onto Shamrock Road and then turn left onto South Sound Road. Continue on South Sound Rd as it continues into

South Church Street until the Finish on the car park side of the road at Smith Cove.

## AWARD CATEGORIES

Open Teams – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> 5<sup>th</sup>

All Female Teams – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

Corporate Teams – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

Open Teams – Any teams which do not meet any of the following criteria

Corporate Teams – All members of the team must work at the same company

Female Teams – All members of the team must be female

Note: Teams can only 'win' one category

Questions: [caymanhash@gmail.com](mailto:caymanhash@gmail.com) or  
[www.caymanhash.com](http://www.caymanhash.com)