



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.

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