SINGAPORE POLYTECHNIC
POLY 50 CAMPUS RELAY 2014 FACT SHEET

RULES & REGULATIONS

1. DATE/TIME OF RACE
   (a) Date - Wednesday, 30 July 2014
   (b) Time - 3:30 pm flag off (Registration starts at 1:30 pm and will close at 3 pm)

2. CATEGORIES
   (a) Category I - SP Students (Maximum no of entries: first 80 teams)
   (b) Category II - SP Staff (Maximum no of entries: first 13 teams)
   (c) Category III - SP Alumni (Maximum no of entries: first 12 teams)

3. TEAM COMPOSITION
   (a) Category I - 12 runners (8 men & 4 women)
     - not more than 5 IVP/POLITE Track & Field representatives per team
   (b) Category II - minimum 12 runners up to a maximum of 15 runners (9 men & 3 women)
   (c) Category III - 12 runners (8 men & 4 women)

   Due to 10 extra rounds being added, you can register up to maximum 12 runners for students/alumni team and up to 15 runners for staff team. However, in the event that you cannot find 12 members, you can still run with a minimum of 10 members.

4. PRIZES
   Category I - First 10 teams (medals & sports vouchers)
   Category II - First 3 teams (medals & sports vouchers)
   Category III - First 3 teams (medals & sports vouchers)

5. ENTRIES
   Closing date - 16 July 2014 (No late entries will be entertained.)

6. PROCEDURES OF RACE
   (a) The Race is a relay of 60 laps around the designated route of approximately 600m.
   (b) Each Team will be issued with a baton with timing chip on the day of the race.
   (c) Each baton has a unique chip number and there should be no swapping of baton among teams, in order to get an accurate timing.
   (d) The first runner must run through the START Gantry to register a start time.
   (e) Each runner of each team should carry the baton at all time during the race.
   (f) Change-overs may be done at the 3 marked zones where the baton will be passed on to the next runner. However, a runner may choose to continue running without changing over.
   (g) At each change-over zone there is a marked box where the out-going runner is waiting.
   (h) The incoming runner must step into the change-over zone before the outgoing runner runs out from the change-over zone. Any change-over not done within the designated zone will result in a first warning (marking on number tag), then subsequently if a second offence is being committed, the runner’s tag will be marked a second time and that particular runner
would not be allowed to take part in the race. The team would have to complete the race using its remaining runners.

(i) Teams will know which lap they are on by looking at the lap display screen, located in the results tent at each change-over zone.

(j) The last runner must run through the FINISH Gantry in order to register a finish time.

7. GENERAL RULES & REGULATIONS

(a) All teams are to register a **COMPULSORY** Team Manager. The Team Manager will not take part in the poly 50 run but to help the team in monitoring the laps completed. The Team Manager will **NOT** be considered part of the team composition for the race.

(b) A briefing for all captains and team managers will be held on:
- **Date** - Wednesday, 23 July 2014
- **Time** - 3 pm (for all categories)
- **Venue** - TBC

(b) A team can submit up to a **maximum of 2 substitutions** on the day of registration.

(d) All competitors shall be properly attired in shorts and jogging shoes.

(e) A team shall use the same runners for the whole race -- no substitution. In the event of injuries, a team shall use its remaining runners.

(f) A team may be disqualified for any of the following:
   (i) Making substitution during the race without prior notification during registration
   (ii) Pacing the last runner
   (iii) Participants who do not start within 15 minutes from their respective flag off point will be disqualified and for safety reasons, may not be allowed to start.
   (iv) Disobeying official’s decisions or instructions
   (v) Not starting within 15 minutes from their starting point.

(g) For appeal over disputes, Team winners or possible Team winners (Manager), must be present and made on-site in person to the race officials, in a written format, within 15 minutes from the release of the result. All appeals are subjected to a non-refundable $50 appeal fee. The Organiser’s decision is final and reserves the right not to entertain any appeals.

(h) The cut-off Time is 3 hours.

(i) The Organisers reserves the right to modify or substitute any of these R&Rs or T&Cs from time to time as they deem fit. Any amendments to these R&R/T&Cs will be updated on the Life@SP webpage.

(j) The Organisers reserves the right to cancel/suspend the race at any time in the event of inclement weather or any other situation that comprises the safety of the participants. In the event that the race is cancelled after the race has started, the winners of the race would be determined by the fastest timing clocked at the point of time when the race is stopped.

(k) Whilst reasonable precaution will be taken by the Organisers to ensure the participants’ safety, participants take part in Poly60 at their own risk and the Organisers will not be responsible or held liable for any injury or death howsoever arising from training for or during participation in Poly60. Participants are strongly encouraged to consult their medical practitioner prior to registration and before the actual race day.
(l) A participant must retire from the race immediately if required to do so by any member of the official medical staff, race director, race officials and security officer.

8. ROUTE FAMILIARIZATION

Participants are strongly encouraged to participate in the route familiarization (Time/Date TBC) as there would be a change in route from the previous year. Please sign up for the route familiarization via a link that would be provided nearer to the date.