

## **ELEMENTARY RELAY GUIDELINES**

1. One 15 year old is allowed on any under 15, 8 x 100 m relay team.
2. An individual may participate on only one relay team.
3. All participants on a relay team must be from the same school.
4. If circumstances arise where the above rules cannot be followed, your team may run unofficially. The coach must inform the race officials that the team will be running unofficially PRIOR to the race, and will not be allowed to advance.
5. Ages are taken as of December 31 of that school year.
6. Passing zones are open ended.
7. The three bend stagger rule is in effect. (The first three runners must run in their assigned lane).
8. Runners may not participate in both club and school relay.
9. All participants must have running shoes.