# Relay team instructions

## How it works

There are 5 courses. Two runners maybe out at the same time. Every team member must do a course. Each team uses 2 SI sticks. At the completion of your course you hand your SI stick to the next runner.

|  |  |  |
| --- | --- | --- |
| Hard 1 | 4.2 km | 11 controls |
| Hard 2 | 3.1 km | 10 controls |
| Moderate | 2.2 km | 7 controls |
| Easy | 1.8 km | 8 controls |
| Very Easy | 1.3 km | 8 controls |

Once all courses have been completed take both SI sticks to the download with the completed tear-off below.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Team Name | Course | Var | SI Stick | Runner Name |
|  | Hard 1 | A or B |  |  |
| Hard 2 | A or B |  |  |
| Moderate |  |  |  |
| Easy |  |  |  |
| Very Easy |  |  |  |

|  |  |  |
| --- | --- | --- |
|  | | Legs completed (e.g. H1a, Mod, Easy) |
| SI Stick 1 |  |  |
| SI Stick 2 |  |  |