



# LION HEART

## ULTRA CROSS TRIATHLON

### FAQ TEAM RELAY

#### **1. What is a Relay Team?**

A relay team are 2 or 3 athletes competing as a “group” to finish the triathlon. The triple relay consist of 3 athletes where one completes the swim, another the bike, and the final person does the run. The double relay consists of two athletes where one of the competitors completes two stages of the race regardless. They pass their timing chip between each other at a designated area before the eyes of the race directors as they complete their respected leg of the race.

#### **2. How do I register as a Relay Team?**

[Click here](#) for online Relay Team registration instructions.

ONSITE: All relay members must be present and together during registration check in to pick up their assigned race packet. Relay teams will check in and/or register at the solutions/pro athletes/relay table at athlete registration. *In case a relay member cannot pick up his or her race packet the teammates will be able to register the missing athlete by supplying all necessary documents. In the event that a participant is prevented from attending and can not attend, he / she may provide the required entry papers and receive his / her starting package during registration on the day of the race.*

**3. I would like to race as an individual and participate on a relay team. Am I able to do both?**

No, individually registered athletes that would like to complete all disciplines may not also participate on a relay team.

**4. How does the team get timed and how do we know when to start the next discipline?**

Relay teams will receive one timing chip at athlete check in. The timing chip will be used similar to a baton in a track and field relay. Relay Teams will transfer the timing chip and ankle strap by their assigned bike rack or in the designated "Relay Pen" in transition. Relay members must handoff the timing chip to move forward to the next discipline. Failure to do so will result in disqualification.

\*Swim to Bike – The biker waits until the timing chip is properly transferred and attached to the next teammate.

\*Bike to Run – The runner may not leave the designated transition area before the timing chip is properly put on.

\*Run to Finish – Only the run leg relay participant is able to cross the finish line. All other relay team participants will be able to access post-race finish line athlete areas (not including the finish line chute).

If a relay team member drops out of any leg or fails to meet the given time allotment, the relay team will not be able to continue the race and will be disqualified.

**5. As a Relay Team are we allowed access onto each course and across the finish line?**

For safety and security measures, relay athletes are ONLY given access to their respected leg of the event. (i.e. Swimmers and runners are not allowed in transition when there is a relay pen and bikers and runners are not allowed in the swim staging area).

All relay teams will be allowed access to event finish line festivities and post photo opportunities (located behind the finish line). The running leg athlete will be the only participant allowed to cross the finish line. Crossing the finish line as a team will result in disqualification.

**6. Do Relay Team members need to wait in the transition area the entire time while teammates are racing?**

Athletes are not expected to wait in the transition pen area for the entire length of the race, but relay athletes should be aware of anticipated finish times associated with each leg. Relay athletes should be prepared in the proper location with enough time before their team member comes into transition to hand off the timing chip. Cyclist should appear on base camp along with the swimmers. Runners should appear no later than 10 AM after the start of the race. The race progress may be followed on [www.lionheart.b](http://www.lionheart.b) through live tacking and live results.

**7. Does the entire Relay Team receive a finisher's medal, t-shirt and hat?**

All athletes receive insurance, items related to their specific sport in the relay and the obligatory personal marking materials. Only successfully finished teams will receive medals.

**8. Do all team members have to be at athlete check-in at the same time?**

Yes, all members of a relay team must check-in at the same time. In case an athlete is unable to register personally and on time his team members will be able to register his by providing all necessary documents for the missing athlete. Its every athlete's personal obligation to get to know the race program and rule book very well.

**9. What if my team members can't compete due to unforeseen circumstances and I am the only one on my team?**

If only an athlete can't participate in the team relay the team will have the opportunity to take part as a double relay or will drop out of the competition.

**10. If a team member is unable to compete, can we switch team members?**

Yes, there may be post-registration switches within the team until the beginning of August.

**11. What kind of teams are we able to form? All-men, all-women, mixed?**

All kinds of teams may be assembled. There will not be separate qualifications for the different teams. Teams can be all of the above mentioned, in any combination male-to-female. All athletes must be aged 18 or above.