



## Virtual Relay Guidelines

### **\*Updated April 1, 2020 – added more flexibility in the time frame for individual runners to run their legs**

- The Virtual Palmetto Relay will begin on Friday April 17<sup>th</sup> at 6:00 AM and finish on Saturday April 25<sup>th</sup> at 6:00 PM (and 8.5 day time frame)
- Each individual runner from your team must complete his/her designated legs in the following time frame which begins at the start of his/her first leg:
  - Palmetto Relay /200 – 36 hours
  - Palmetto Relay /70 – 13 hours
- For example, Runner A from a team starts his first leg at 7:30 AM on Tuesday April 21<sup>st</sup>
  - For the Palmetto Relay /200 this runner must now have all his legs completed by Wednesday April 22<sup>nd</sup> at 7:30 PM (36 hours later)
  - For the Palmetto Relay /70 this runner must now have all his legs completed by Tuesday April 21<sup>st</sup> at 8:30 PM (13 hours later)
- Teams do not need to have all runners run in the same 36-hour or 13-hour time frame. Three runners can do their legs on Tuesday/Wednesday and the remainder can do theirs on Friday/Saturday (or split up even more).
- *We changed this to give more flexibility for individuals to schedule their runs so more teams can participate. It does not change any physical demands on any individual runner or overall team.*
- Teams do not need to run in true relay style order - Leg #1 does not have to be the first leg run and Leg #36 (/200) or Leg #12 (/70) does not have to be the final leg, and so on.
- Runners will run their legs in any way they see fit - in their neighborhoods, on a track, on a treadmill, or wherever makes sense for each runner (and is allowed by your community's social distancing guidelines).
- Runners will run the actual leg distance of their assigned legs using the Leg Maps/Race Worksheet as a distance guide. You can find this information on the [Team Information Page](#).
- Runners will report their time for each leg to their team captain who will log everything for their team and submit the full sheet to us no later than 6:00 PM on Sunday evening April 26<sup>th</sup>. Captains will have a full day after the event is officially over to compile their team results.
- We will put together an official team log sheet to record the individual leg times for each runner.
- Team captains will use this to record times and send back to us by Sunday evening.
- We will have official results and awards for the event.