**The Lawrence Irany Great Relay Race – Rules and Regulations**

**A numbered wristband has to be passed from one participant to the next.**

**Mandatory**

* 6 people per team – any age or sex
* One person per leg – bicycle, run, kayak and swim
* Two persons plus the runner in the canoe leg – 3 in canoe – all 3 can paddle or one can steer or just plain rest

1st leg – BICYCLE – 6.5 km L.L.S.C – South Road – Blueberry Road, West on North Road. to the end of North Road.

2nd leg – RUN – 4.5 km End of the North Road (rough path) – Baie Noir road along to the North side around the bottom of the bay to the end of Baie Noir road to a path leading down to Bill Christie’s wharf.

**THE RUNNING LEG WILL BE MARKED WITH BRIGHT ORANGE ARROWS ALL THE WAY**

3RD leg – CANOE – 2.5 km Baie Noir wharf (Christie’s) – east on Black Bay straight via the north side of McBurny Island to a line marked by **GREEN** buoys at Birch’s point.

4th leg – KAYAK – 1.5 km From Birch’s point straight to the big flat rock on Hope’s Island (line marked by 2 green buoys)

5th leg – SWIM – ½ km The big flat rock on Hope’s Island to the end of the L.LS.C wharf (large red flag). Finish line – the swimmer **MUST** touch the end of the wharf and then hand the wrist band to the person with the long pole.

**SPECIAL RULE** – pertaining to the 3rd and 4th legs (canoe and kayak), in the event the canoe or kayak capsizes, paddlers can call for help from a passing or accompanying boat in order to right the capsized canoe or kayak. The canoe/kayak or another spare must be placed in the water as close to the area where the event occurred. The same canoe/kayak can then resume the race without penalty.

No more than one person may participate in more than one leg of the race **except** the runner who **must** also take part in the canoe part of the race. (canoe = 2 paddlers & the runner = 3 in canoe).

No mechanical devices of any kind other than the manual pedal bicycles are permitted.

CANOES & KAYAKS – only standard paddles are permitted – a motor boat should follow the canoe/kayak for safety reasons.

SWIMMER – cannot use swim fins or any other devices to artificially help the overall speed to the finish line. **No wet suits**. The wrist band may be placed under the bathing cap or inside the bathing suit. After touching the finish line – the end of the club wharf (red flag marker) the wrist band should be placed on the end of a long pole **BY THE SWIMMER OR THE FINISH LINE ATTENDANT.**

**SAFETY, SAFETY, SAFETY**

Bikers must wear a helmet

Canoes must have at least 3 flotation vests of some sort in the canoe. Kayak – one flotation device.

Swimmer – the team kayak, canoe, or both; must accompany the swimmer all the way to the finish line for safety reasons (also encouragement).

We will try to restrict auto traffic as best we can. It is the responsibility of the participant to use his or her discretion in order to avoid any possibility of injury or accident to others or themselves.

Spectator boats and water crafts – PLEASE, PLEASE, PLEASE do not create wakes for the racers and keep a large distance from the participants.

**In the event of rain or thunderstorms, the event will be postponed to the following day (Sunday).**