



## **Glen Eden Junior Relay 2022**

The course is a 2km loop starting on the field at the rear of the club rooms. The course goes around the field and then out onto a bush trail alongside the creek. Marshals will direct runners over a bridge and up a flight of stairs onto Captain Scott Road. **Following Captain Scott Road and turning down Inver Street back towards the club.**

**This section is on a road and is well marshalled. PLEASE TELL ALL YOUR RUNNERS THEY MUST LOOK FOR CARS!**

Marshals will direct runners back up onto the field for a final turn as then run back to their team for change over. The final runner will be directed down the finishing chute.

### **Rules for the GE Relay**

Runners **MUST** wear shoes for this course. **NO** watches are to be worn by **any** runner. **NO** coaches are allowed to pace or call times to their runners.