

# Oak Bay Half Marathon

## Relay Exchange Instructions

**There are three relay exchange locations – two located near water stations.**

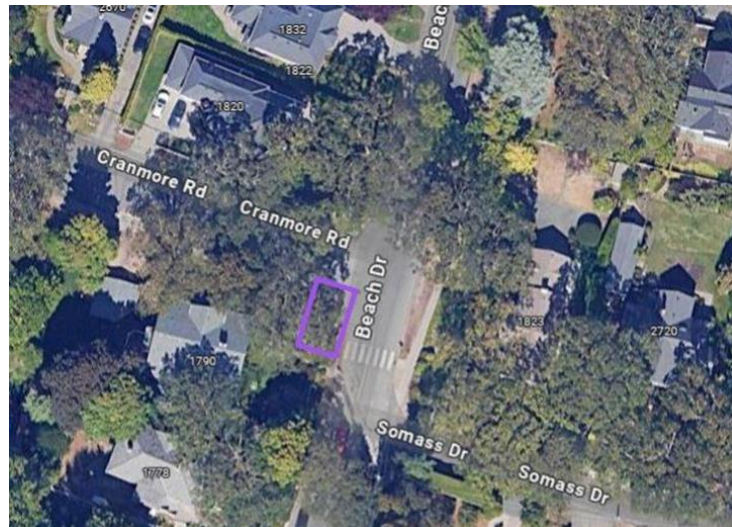
#1 exchange: Beach & St Patrick - staffed by Stelly's School. Exchange will be on the water side of the road for runners heading out.



#2 exchange: Beach & Cattle Point – staffed by Spectrum School. Exchange in the small parking lot above Cattle Point.



#3 exchange: Beach & Cranmore – staffed by Bad Ass Chicks. Exchange on Cranmore side of road just before the intersection.



**NOTE:**

Relay runners exchange at Beach and St Patrick #1 **going out only**.

Relay runners exchange at Cattle Point #2 **going out only** (through Cattle Point)

Relay runners exchange at Beach and Cranmore #3 **coming back** from the turnaround not going out.

Note: Relay runners BIBS are green and numbered 1, 2, 3, 4.



Each team has a chipped wristband which will be scanned when they go through each relay chute and at the finish line. Please do not obscure the wristband – have it open when you go through the chute so it can be recorded on the timing antenna.

Wristbands must be picked up at the start/finish line at the timing table prior to the race. There will be a bin at the finish line you can return the bands to.



