



PENANG AMATEUR ATHLETIC ASSOCIATION

PAAA 44th Annual Round the Island Relay 2024

Date : Sunday, 1st December 2024
Starting Time : 3.30 a.m.
Place : Start and finish at Esplanade, Penang
Number Tags : *Team Managers are requested to collect the Run Number Tags during manager's meeting on Saturday, 23rd Nov 2024 at 3.00pm at MSNPP. Pg.*
Organiser : Penang Amateur Athletic Association

Competition Rules

1. The race shall be run under World Athletics , the Malaysia Athletic Federation rules and the Penang Amateur Athletic Association competition rules.
2. The race will start and finish at Esplanade (Jalan Duke), Penang.
3. Each team shall register 15 names. Duplication of names WILL NOT be allowed. On the morning of the race day, the Team Manager shall confirm the final 12 runners who are to run in the relay. Each team **must** provide a mobile marshal to accompany the team.
4. The relay which shall cover a distance of 72.6 km. with each runner covering a distance, which shall depend on the gradient of the route.
Please refer to attached route map for details.
5. **The BATON MUST BE CARRIED in the hand throughout the race and MUST be exchanged within the change over zone provided/marked.**
6. It is the responsibility of the team manager to **report his team runners before 2.45 a.m.** on the race day to the appointed officials. Failure to do so will be liable to disqualification.
7. The official closing time of the race for Men Open category will be 7 hours and for the Men Veteran/Mixed category will be 8 hours.
8. The age limit for Men Open is 18 years & above , Mixed category – 18 years & above. Men Veteran is 35 years & above. Age shall be calculated as at 31.12.2024.
9. The direction of running shall be clockwise, wiz running throughout the race on the left-hand side of the road following the traffic. Running on grass verges or pavement is not allowed. Violation of this rule shall amount to the disqualification of the team.

10. Runners shall be provided with Alphabet/Number, which must be worn clearly on the chest and the back. The numbers worn MUST correspond to their respective stations that they would be running, e.g. 1st runner – A 1, 2nd runner –A 2, 3rd runner- A 3 and so on..
11. **Assistance of any kind including pacing shall NOT be allowed during the race. Runners/Teams run the risk of being disqualified if they are found to be accompanied by their team officials or supporters on any mode of transport.**
12. Only outriders appointed and approved by the PAAA Technical Committee shall be allowed to accompany the runners, who shall maintain a record of the time taken by each runner over the required distance.
13. Refreshments shall be provided by the organizers.
14. With the exception of the 1st runner, the 2nd and 3rd runners will be sent to their respective stations by the buses provided by the organizers. The 4th runners and above will be going on their own and return on their own.
15. **Prizes : Teams which completes the relay within time limit shall be awarded 15 medals each.**
16. **Lucky Draw** : Teams that completes the relay within the time limit shall be entitled to the Lucky Draw event which shall be held after the prize giving ceremony.
17. **Protest**. All protest shall be made in accordance with MAF rule 146. If members of Jury has not been appointed, all protest shall be directed to the referee whose decision shall be final. The protest fees shall be RM300.00. The organizing committee reserves the right to make decisions for which provisions has not been made.
18. Manager's Meeting will be held to confirm final participants list.
Further details of the meeting will be out later.
Team managers or a representative MUST attend this meeting failing which the team could be disqualified.
19. **Medical Indemnity** : Competitors must be medically fit and shall take part at their own risk. The Organizer/Sponsors shall not be held responsible for any accidents, injuries or mishaps that may occur before, during after or as a result of the competition. The organizer will only take public liability insurance.
However, all necessary precautions will be taken to ensure the safety of the competitors during the race. Team managers must ensure that all runners individually signs on the entry form.
20. All runners and volunteers **must take/have their own personal insurance policy.**

21. The relay is still subject to approval of various government agencies due to any catastrophic or natural disaster which involves the safety procedure from time to time. In the event of a catastrophic or natural disaster resulting in the postponement or cancelation of the event, the organizer shall not be responsible for any claims whatsoever by the teams made by the any individuals or parties concerned. All decisions of the organizer shall be final.

22. Additional Information.

- i. Drinks shall be provided to the team managers.
- ii. Team Managers must submit the confirmation list by 2.30am to the Race Secretariat.
- iii. All 1st, 2nd and 3rd runner must report at the starting line and 2nd & 3rd runner will be sent to station via BUS. 4th runner & above will be going on their own.
It is the responsibility of Team Manager to ensure the runners are accounted for in the respective stations at the time of arrival of their team runner. The bus will only sent runners (2ND & 3RD runners) to the station.
All teams must arrange their own transport to return after the run.
- iv. Runners should report to the station officials before their team members arrives and once reported should not leave the station without permission of the officials .
- v. **Each team must provide a volunteer on a motorcycle or bicycle to guide their Team as an additional mobile route marshal/Guide. Names must be given in the participant name list form.**
- vi. For safety reasons, kindly follow the instruction of the PAAA officials, Rela /PKS officials and Police officers along the route.
- vii. Participants could park their vehicles at MBPP's multi storey car park at Union Street, Beach Street and also the car parks available within the vicinity of the Esplanade.
- viii. Kindly do not obstruct the traffic flow/other team members during the course of the competition. Any obstruction to traffic / participants will be liable to disqualification.

23. The organizing committee reserves the right to make decisions for which provisions has not been made and will be final.