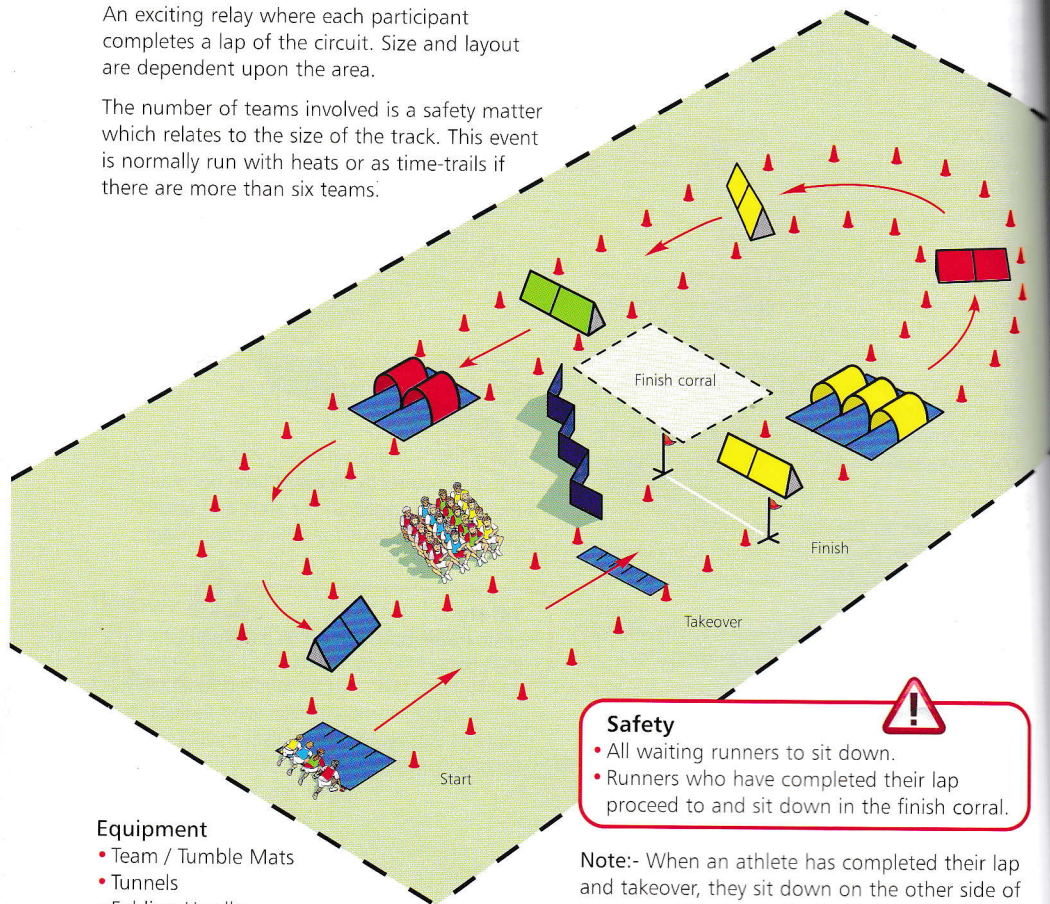


## GRAND PRIX RELAY

## Description

An exciting relay where each participant completes a lap of the circuit. Size and layout are dependent upon the area.

The number of teams involved is a safety matter which relates to the size of the track. This event is normally run with heats or as time-trials if there are more than six teams.



## Equipment

- Team / Tumble Mats
- Tunnels
- Folding Hurdles
- Beanbags
- Competitor Barrier
- Cones
- Coloured Team Bibs

## Rules

- First runner, holding a beanbag, starts on the whistle with a forward roll.
- Runs around the circuit, over hurdles, under tunnels (no lanes are allocated).
- The second runners are handed the beanbag at the takeover point (no forward roll is required).
- Each runner completes the circuit with the last runner continuing to cross the finish line.

## Safety

- All waiting runners to sit down.
- Runners who have completed their lap proceed to and sit down in the finish corral.

**Note:-** When an athlete has completed their lap and takeover, they sit down on the other side of the competitor barrier in the finish corral.

## Tips

- The first runner should be proficient at the forward roll.
- Have assistants adjacent to each set of hurdles and tunnels to keep course in order.
- A Standing Triple Jump Mat on it's side can be used as a competitor barrier.
- Hi-Stepper wedges make good course markers.
- Coloured Team Bibs are recommended to identify teams.
- Tunnels should not be placed on bends for safety reasons.