



The Great Island Race Series

a Rotary Service Project to benefit the Clinton County NonProfits

DESCRIPTIONS OF TEAMS...

Which is right for you?

Relay Team Options in the G.I.M.A.T. (FRI.) G.I.A.T. (SAT.) & G.I.S.T. (SAT.)

Relay Team: Each Relay Team can be a 2-person or 3-person Team. Relay Teams are permitted in ALL THREE EVENTS. Important Information for Relay Teams to know:

- All Relay Team transitions must occur within the official transition area. The timing band must be passed between teammates at each transition so that split times can be calculated.
- After exiting the water, your canoer/kayaker/swimmer must proceed to the transition area to pass the timing band to your teammate.
- Your cyclist must walk/run your bike into the transition area, where you will pass the timing band to the next teammate.
- *Runner (ONLY) will wear bib.*
- *Biker will need body markings*
- *Kayaker (in GIAT) and Swimmer (in GIST) will need body markings.*
- *You must select a Relay Team Category*
 - *Male*
 - *Female*
 - *Co-Ed*

Note, if you're on a Relay Team, you cannot be on an Ironman Team, Family Team, or G.I.M.A.T. Team.

Ironman Team Options in the G.I.A.T. & G.I.S.T. (SATURDAY, 8 am Start)

Ironman Team: The Ironman Team Competition involves individual triathletes on teams of 3 to 5 people. Times for the first three finishers from each team will be combined, and the team with the lowest combined time will be crowned Victors! *(If you want to compete in this division, please make sure each person on your team has provided your TEAM NAME to us.)*

Family / G.I.M.A.T. Team Options in the G.I.M.A.T. (FRIDAY, 6:30 pm Start)

Family Team:

- Minimum of 3 [Family] Members
- Must submit a roster (*upon packet pickup on Race Day*)
- Each [family] must signify team name at registration
- Times for the top 3 racers per [family] team will be added together. The fastest team will win.

G.I.M.A.T. Team: *Same rules as Family Team, just no relation required. (See Family Team Rules above)*



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Still Have Questions? Contact us at:

See us at: [Facebook.com/GreatIslandTri](https://www.facebook.com/GreatIslandTri)

Email us at: TriGIAT@gmail.com

Register at: www.Active.com (search "Great Island Race Series")

www.GreatIslandRaceSeries.org