

OFFICE OF PHYSICAL EDUCATION, RECREATION AND SPORTS

How will the event be run?

1. Each first team member will begin the event.
2. Fastest participants should begin the relay.
3. The gun sounds! Each team member runs/walks 1/2 mile and hands a baton to the next person.
4. The last person on the team (the number four participant) will be wearing a number patch to indicate their team has finished the relay.
5. The last (fourth) participant will be given a tongue depressor with a number on it after they cross the finish line. This tongue depressor must be given to the scorekeeper who will record the number to the actual finish time of the team.
6. The captain is responsible for making certain the **last** participant wears a number patch and records the finish place #!
7. Team times will be recorded and the closest actual time to the predicted time wins! In the case of a tie, a flip of the coin will decide the winners.
8. Directions for the event will be given at 11:15 sharp and the event should start at 11:30. Your team captain must be at the instructional meeting at 11:15!
9. **ENTRY DEADLINE IS JUNE 6th!!**

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UCSC's Nineteenth Walk/Run for Faculty and Staff/ Remember to keep a copy for yourself and to clip this bottom half and send it to Dan Wood, OPERS Office. East Field House.

TEAM NAME: _____ E-Mail _____

CAPTAIN: _____ EXT: _____ (Only Captains pick up T-Shirts at Table)

| TEAM MEMBERS: (List Fastest First) | minutes | seconds | T Shirt Size | | |
|------------------------------------|---------|---------|--------------|---|----|
| FIRST PARTICIPANT _____ | | | M | L | XL |
| SECOND PARTICIPANT _____ | | | M | L | XL |
| THIRD PARTICIPANT _____ | | | M | L | XL |
| FOURTH PARTICIPANT* _____ | | | M | L | XL |

(*wears number patch, receives tongue depressor with finish place #, records finish place with scorekeeper)

TOTAL PREDICTION

How to Add Time. Example: 55 sec. + 10 sec. = 1:05

OFFICE USE ONLY

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