

# TEAMS

## What is a team?

A team is a group of 2 or 3 women who complete the course in a relay. One person does each leg of the triathlon or in a team of 2 one person does two legs. (If you want to enter as a group of women who do all parts of the event together, you need to all register as individuals).

## How do I know my team is registered?

The person who was in charge of registering you will receive an email confirming your registration. On the day, and at registration, your team will be registered under your team name.

## What happens in transition

Teams and Mother / Daughter duo's **will have** a separate area in transition from the individuals.

For teams, the cyclist will be required to have the race number sticker attached to front of their helmet, and waits at their bike with their hand on the seat of the bike that is still racked. When the swimmer arrives, the swimmer gives the ankle bracelet transponder to the cyclist, who puts it on their ankle. The cyclist does her part, and on return, meets the runner/walker, who has the race number attached to the front of her shirt, and is standing where the bike is to be racked. Once the bike is racked, the cyclist takes off the ankle bracelet transponder, gives it to the runner/walker who puts it on their ankle and the runner then heads out off onto the course.

## How do we swap our ankle bracelets over?

The ankle bracelet transponders are passed from one to the other in the teams. All athletes must wear the transponder on their ankle (it does not matter which one). This is to ensure the timing mats, which are on the ground, pick up the signal to record your time.