RULES FOR THE RACE

1. The 2018 edition of this event will take place on **Tuesday 19th June at 5:00am** at the O.W.T.U Head Office, 99a Circular Road, San Fernando.

2. All athletes shall register at the following O.W.T.U offices by presenting valid photo identification and their registration fee.
   - Head Office – 99a Circular Road, San Fernando / Port-Of-Spain Office - #154 Henry Street, Port-Of-Spain

3. Registration fees are as follows:
   - **20K (Walk & Run) General Public** - $125.00 per person
   - **20K (Walk/Run) OWTU Member** - $65.00 per person
   - **5K Run (Strictly 15 Years & Under)** - $60.00 per person

4. Registration for all athletes **Begins on Monday 7th May and Closes on Monday 18th June 2018**. Registration will automatically close when we have received 500 applicants for the race even if this occurs before the stipulated deadline dates.

5. There will be **NO REGISTRATION** after the closing registration date including race day.

6. Each race category will be open to both male and female competitors and all race money will be equal for both male and female competitors in the respective categories.

7. At the point of registration athletes shall declare and prove whether they are OWTU Members, belong to Other Trade Unions or Physically Challenged to vie for that special prize. All athletes will be placed into age group categories. Failure to provide accurate and complete information will render you ineligible for the above category prizes. Your entry will become null and void.

8. The Age Categories for this year’s race are:
   - **20K Walk & Run (Male and Female)**
     a. Open
     b. 16-19 years
     c. 20-29 years
     d. 30-39 years
     e. 40-49 years
     f. 50-59 years
     g. 60+ years

9. **ALL** Athletes are eligible for the Open Race. The Age Group Categories exclude the top Ten (10) finishers in the open race.

10. Trophies will be presented to the first place finishers in the Open Category (Male & Female) and also in the Special Categories i.e. OWTU Member, Other Trade Union & Physically Challenged.

11. An Athlete’s age is the age that he or she is on race day. The **minimum** age for participation is **Fifteen (15) years**. The race management will not be responsible for any person in breach of this rule.

12. The **Top Ten (10)** male and female athletes in the Open Category will receive cash prizes. In all other categories, only the Top Three (3) male and female participants will receive cash prizes.

13. **Runners and Walkers** will have **Four hours (4:00:00)** to complete the race. The race course will be closed at **8:30am**. Participants who are on the route after this time will be notified by route officials that the course is closed. The race management will not be responsible for any person who wishes to remain on the course after this time.

14. **ALL** Athletes shall sign the Medical Waiver.

15. **THE DECISION OF THE RACE OFFICIALS WILL BE FINAL.**
**RACE DAY INSTRUCTIONS FOR PARTICIPANTS**

We thank you for participating in our race. These guidelines are formulated to assist you in complying with the rules of the race, and to make it easy for you, the organisers and officials to enjoy a trouble free race. Read them carefully.

1. The race starts at 5:00am SHARP on Tuesday, June 19th, in front of the OWTU Paramount Building in San Fernando. You are advised to reach OWTU no later than 4:30am.

2. If you have your race number, you must go to the race CHECK-IN area where you will be provided with an electronic timing device. This device must be attached as directed by volunteers and returned after the race. If for any reason you fail to finish the race and to return to the finish, please pass your chip to any RACE OFFICIAL who will ensure that it is returned. If it is not returned, you will be charged for the device.

3. There is a facility where you may leave your regular clothes and other personal effects in a bag provided for that purpose. You can retrieve your bag after the race upon presenting your race number.

4. Once you are at the START LINE, you can take your place anywhere. Your time starts when you cross the START LINE, not when the gun is fired, so there is no need to rush to get to the front. Runners failing to obey instructions at the start line may be disqualified from participating in the race.

5. No One is allowed to cross the START LINE before the gun is fired. The computerized timing system is activated and can be triggered. You can be penalized for this.

6. The race course is well marked so you will have no problem staying on course.

7. There are twelve (12) water stations along the course. You are advised to drink a little at each station.

8. If at any time during the race you feel unwell, seek help from any race official or volunteer. There will be ambulances accompanying the race and a major medical facility at the start/finish. Do not continue walking/running if you feel unwell.

9. You can have something to eat and drink, then proceed to collect your personal effects. **You will need your race number to retrieve your bag.** You may also proceed to use showers, change rooms and toilets.

10. **ALL Prizes** will be distributed at an Award Ceremony on Saturday 14th July 2018. If you have any queries about the results or your eligibility for a prize, you may take this up with officials at the OWTU Head Office.

**WE THANK YOU FOR CHOOSING OUR RACE AND ASK THAT YOU COMPLY WITH THESE GUIDELINES**