

Triathlon Relay

Faculty and Staff Fun Games 2010

TEAM

1. Each Team (Red, Yellow, Blue and Green Teams) should have **16 players** for this Fun Race.
 - a. 4 swimmers for the 4 X 25-meter Free Style Swimming Relay
 - b. 4 BMX Bikers for the 4 X 1 round of Biking around the 4-wing building
 - c. 4 runners/joggers for the 4 X 100-meter Run/Jog Relay
 - d. 4 swimmers for the 4 X 25-meter Swim with a “Kick Pad”
2. Each team will be given one (1) neck strap bearing the color of their team which will be worn by every player all throughout the race.
3. All participating players of each team should wear t-shirts with their team’s color and short pants of any color.

RULES

1. 4 X 25 meter Free Style Swimming Relay
 - a. **Swimmer 1** of the team swims from 1 end of the pool (in this case, the end of pool by the wall of Angelicum) to the opposite end of the pool where ...
 - b. **Swimmer 2** waits for the neck strap to be passed. He/she then puts the neck strap on and swims back to the other end and pass the strap to Swimmer 3.
 - c. **Swimmer 3** receives the strap, puts it on and swims back to the other end where ...
 - d. **Swimmer 4** receives it. After Swimmer 4 swims for the 4 X 25-meter Free Style Swimming Relay, he/she should **run across the gym** and approach the venue where the Bikers assemble (in front of the gym’s center entry point) and **give the neck strap to their team’s BMX Biker 1**.

NOTE: In case, a participant doesn’t know how to swim, s/he may walk/run in their perspective lane to opposite end of the pool.

2. 4 X 1 Round Bike Race
 - a. **Biker 1** receives the strap from swimmer 4, puts on the strap, grab the bike and cycles around the main building the shortest way he can but without making shortcuts like biking down the activity areas and grounds. After completing the round (starting line to the same starting line), he/she then puts down the bike, give the strap to Biker 2.
 - b. **Bikers 2 and 3** follow what Biker 1 did. Biker 3 then passes the strap to ...

- c. **Biker 4**, after biking his/her way around the race path, should leave the bike where he picked it up and run (with the strap still on his/her neck) towards the Track Oval (through the gate closest the gym) where the Runners assemble and give the neck strap to the **first runner/jogger** of their team.
3. 4 X 100-meter Run/Jog Relay
 - a. **Runner/Jogger 1** receives the strap, puts it on and runs 100 meters. S/he passes the strap onto Runner/Jogger 2.
 - b. **Runners/Joggers 2 and 3** will do what Runner/Jogger 1 did.
 - c. The **Runner/Jogger 4** will finish the 4 X 100-meter Run/Jog Relay by running back to the Swimming Pool where the last set of Swimmers for the 4 X 25-meter Swim with “Kick Pad” assemble (via the gate closest to the gym, then through the back of the gym stage, towards **the open volleyball court** where Swimmer 1 (for the 4 X 25-meter Swim with a “Kick Pad”) receives the strap and will finish the race.
 4. 4 X 25-meter Swim with “Kick Pad”
 - a. **Swimmer 1** swims with the Kick Pad from one end to the other, with the strap on his/her neck.
 - b. **Swimmer 2** receives the neck strap and the kick pad and swims his/her way to the other end, where Swimmer 1 came from.
 - c. **Swimmer 3 and 4** does what Swimmers 1 and 2 did, until the last swimmer completes his/her lap. The last swimmer will then grab a microphone and sing all the lines of the chorus of our School Hymn, the Sacred Ties.

**NOTE: The neck strap received by a player should be placed around the neck before beginning his/her part in the race. Any team violating this rule shall be disqualified.*

THE DIFFERENT VENUES & POSITIONING OF PLAYERS

1. All swimmers for the 4 X 25-meter Free Style Swimming Relay – **SWIMMING POOL (Swimmer 1 & 3 - Angelicum Side, Swimmer 2 & 4 – Gym Side)**
2. All BMX Bikers for the 4 X 1 round of Biking around the 4-wing building – **IN FRONT OF THE GYM’S CENTER ENTRY POINT**
3. All runners/joggers for the 4 X 100-meter Run/Jog Relay – **INDIVIDUAL POSITIONING ON SPECIFIC PARTS OF THE TRACK SO THEY WILL ALL BE 100 METERS APART**
4. All swimmers for the 4 X 25-meter Swim with a “Kick Pad” - **SWIMMING POOL (Swimmer 2 & 4 - Angelicum Side, Swimmer 1 & 3 – Gym Side)**

HOW TO WIN?

Any team that completes the whole race without any violations with the shortest time of execution wins.

Prepared by:

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