

YOUR RELAY TEAM EVENT PLAN



STAGE 1

28.3 km
From: Queen Elizabeth Country Park (start)
To: Hilltop (CP3)

STAGE 2

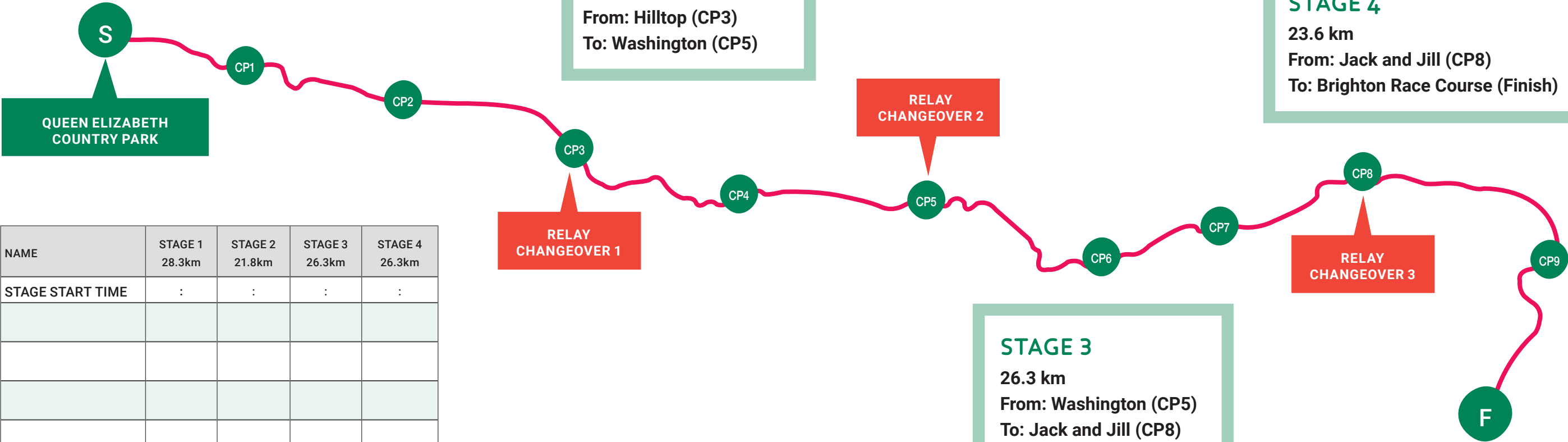
21.8 km
From: Hilltop (CP3)
To: Washington (CP5)

STAGE 4

23.6 km
From: Jack and Jill (CP8)
To: Brighton Race Course (Finish)

STAGE 3

26.3 km
From: Washington (CP5)
To: Jack and Jill (CP8)



NAME	STAGE 1 28.3km	STAGE 2 21.8km	STAGE 3 26.3km	STAGE 4 26.3km
STAGE START TIME	:	:	:	:

EXAMPLE:

NAME	STAGE 1 23.6km	STAGE 2 21.8km	STAGE 3 26.3km	STAGE 4 26.3km
STAGE START TIME	08:00	14:00	21:00	04:00
Joe	✓	✓	✓	✓
Jane	✓	✓		
Jen	✓			✓
Kevin			✓	✓

NOTES

Note: Estimate your time to start each new stage based on your team's average walking pace. Remember to allow at least 15 minutes for a break at each checkpoint to rest and refuel!