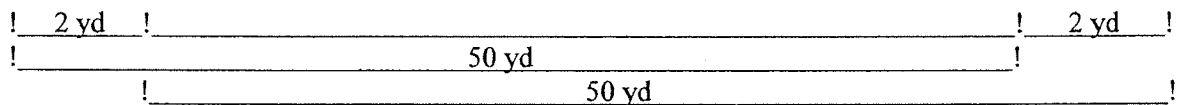


**YMCA CORPORATE CUP
THREE-LEGGED RELAY**

PLACE: Riverside Park - Lowe Field
DATE: Saturday, October 7, 2006
TIME: Check-in 12:00pm, event at 12:30pm

Rules:

1. Each team will consist of **eight participants** having four (4) men and (4) women, making up four 2-Person teams. 2-Person teams may be 2 males or 2 females or 2 coeds.
2. Each 2-Person team will be bound by elastic tubing (supplied by the YMCA) at the knee and ankle.
3. The first 2-Person team will start at one end of the lane. They will exchange a baton with the second 2-Person team at the opposite end of the lane. The baton exchange will take place after the first 2-Person team crosses the first line of a two-yard zone. The second 2-Person team will start from behind the second line of this zone and complete their leg. The same rule will apply for the third and fourth 2-Person teams.



4. Teams may run or walk, whichever they prefer.
5. Dropping the baton is permitted but must be retrieved before crossing the finish line, however, interference with other teams is not. All 2-Person teams must stay in their assigned lanes.
6. No 2-Person team shall compete in more than one leg of the relay.
7. Teams must completely cross the finish line or they will be disqualified.