



Cardiff Cross Challenge Chip Timing Info

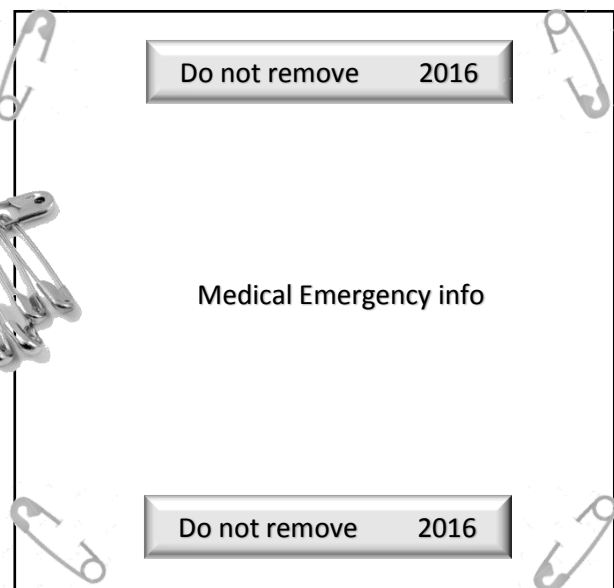
Information: Your race timing chip is attached to your race number. There are two chips per race number: one at the top and one at the bottom. The actual chip is under the foam spacer and must not be removed. Please find an image of the timing chip attached to the number, below.

Information: Your timing chip has a race number and a do not remove message. The race number and the timing chip number should be the same.

1. Do not pierce the chip when attaching your number with safety pins.
2. Do not cover your number when crossing the finish line. This normally happens when stopping a stop watch.
3. Use four pins to attach your number so it is clear to marshals, use one safety pin for each corner.
4. Your race number must be worn on your chest and not your leg or arm or on your back.

Race Number

Timing Chips



Medical conditions: If you have a medical condition, it is vital that you notify the race organisers on the day. Please also write details of your condition or any medication you are taking on the reverse of your race number, (for example: asthma, diabetes, notable allergies, and cardiac conditions). Please read all the information on www.runnesmedicalresource.com before taking part in the race

Athletes are required to collect their race numbers and chip on the day from race HQ which will be located adjacent to the Start & Finish area. Timings: You can pick up your number & Chip: From Race HQ (9.30 to 1pm) Registration Will Close at 1pm School team managers must pick up all of their team race numbers for their teams. All competitors must be on the start line 5 minutes before their start time (remember that no chip means no time and no results in your race) at the end of the race you will pass under the finish gantry and will be directed to the exit.