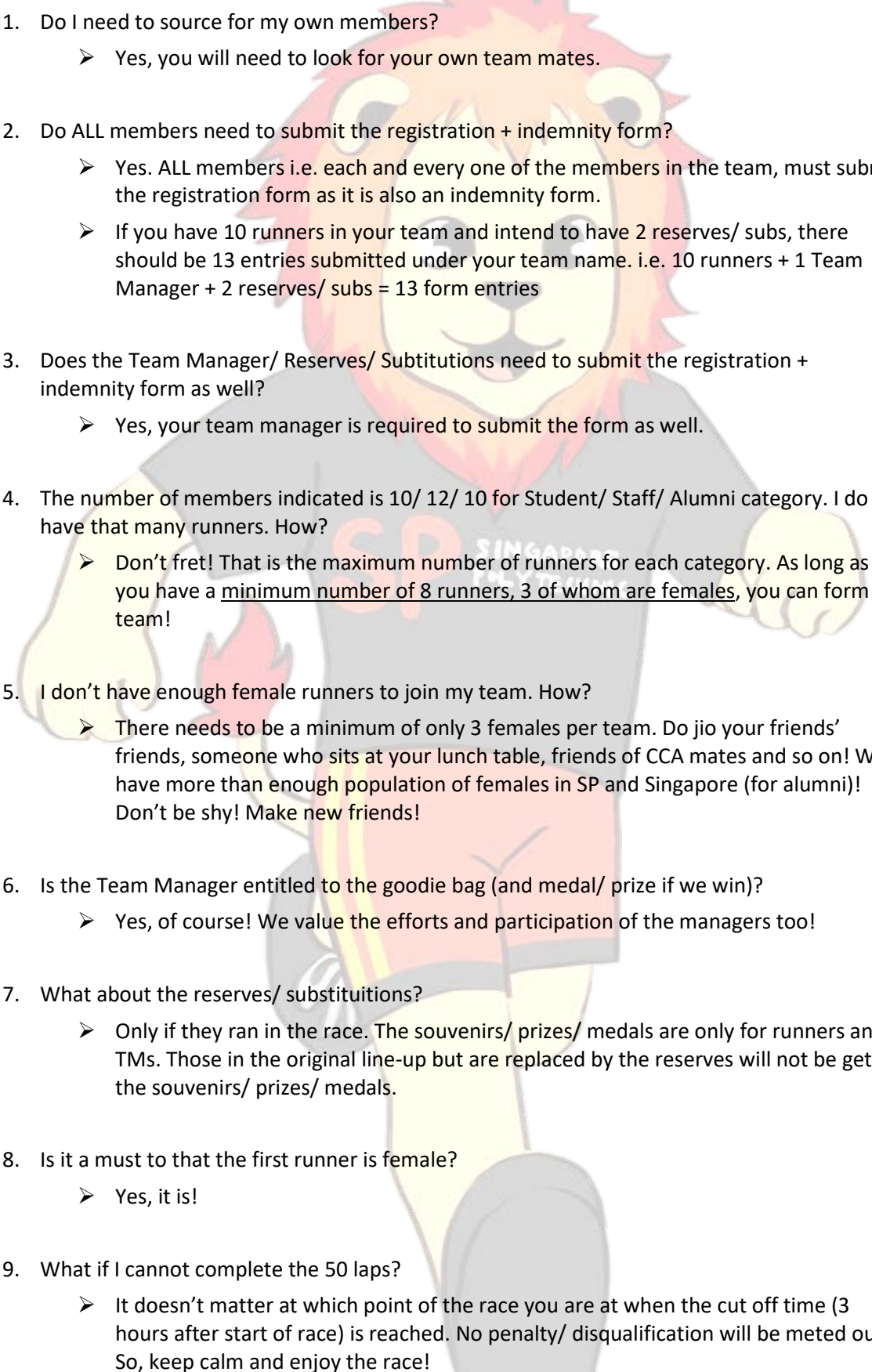


# POLY50 2023 FAQ

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1. Do I need to source for my own members?
    - Yes, you will need to look for your own team mates.
  2. Do ALL members need to submit the registration + indemnity form?
    - Yes. ALL members i.e. each and every one of the members in the team, must submit the registration form as it is also an indemnity form.
    - If you have 10 runners in your team and intend to have 2 reserves/ subs, there should be 13 entries submitted under your team name. i.e. 10 runners + 1 Team Manager + 2 reserves/ subs = 13 form entries
  3. Does the Team Manager/ Reserves/ Substitutions need to submit the registration + indemnity form as well?
    - Yes, your team manager is required to submit the form as well.
  4. The number of members indicated is 10/ 12/ 10 for Student/ Staff/ Alumni category. I do not have that many runners. How?
    - Don't fret! That is the maximum number of runners for each category. As long as you have a minimum number of 8 runners, 3 of whom are females, you can form a team!
  5. I don't have enough female runners to join my team. How?
    - There needs to be a minimum of only 3 females per team. Do jio your friends' friends, someone who sits at your lunch table, friends of CCA mates and so on! We have more than enough population of females in SP and Singapore (for alumni)! Don't be shy! Make new friends!
  6. Is the Team Manager entitled to the goodie bag (and medal/ prize if we win)?
    - Yes, of course! We value the efforts and participation of the managers too!
  7. What about the reserves/ substitutions?
    - Only if they ran in the race. The souvenirs/ prizes/ medals are only for runners and TMs. Those in the original line-up but are replaced by the reserves will not be getting the souvenirs/ prizes/ medals.
  8. Is it a must to that the first runner is female?
    - Yes, it is!
  9. What if I cannot complete the 50 laps?
    - It doesn't matter at which point of the race you are at when the cut off time (3 hours after start of race) is reached. No penalty/ disqualification will be meted out. So, keep calm and enjoy the race!