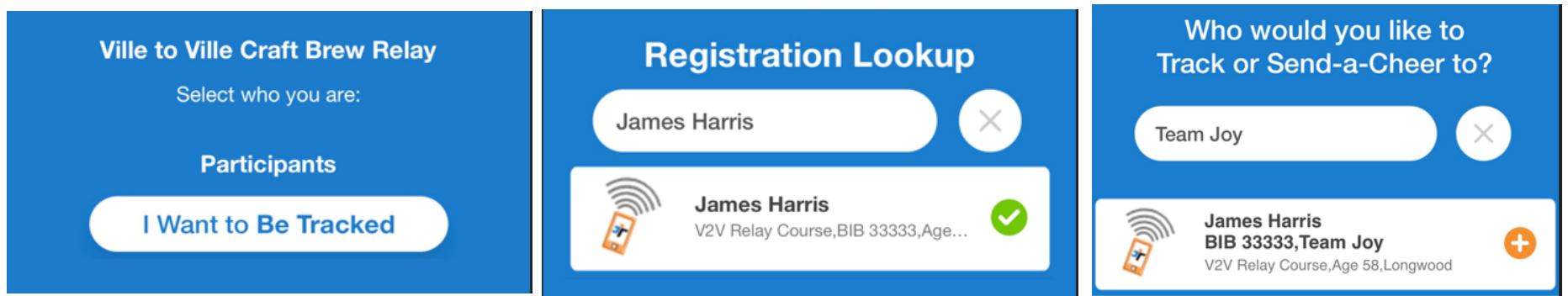


# Relay Team Tracking Instructions

## Team Set Up

- All need to click **"I Want to Be Tracked"** upon initial set up. Follow the prompts.
- Search for **"Your Name"** and select your registration profile.
- **Add ALL team members** to your My Participant list. This is required to receive team progress alerts.

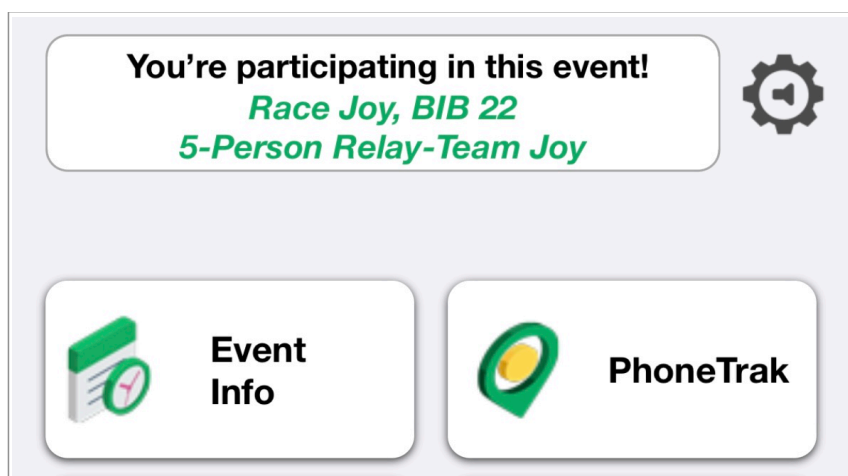


## Race Day

### GPS Phone Tracking

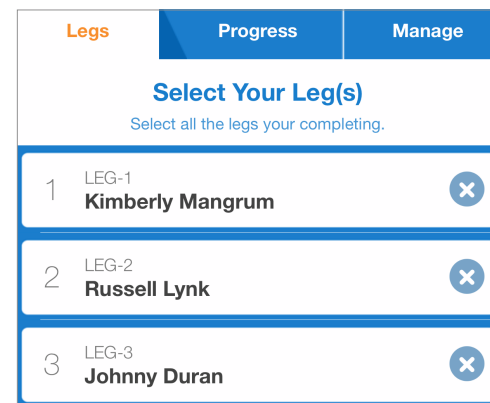
People can track your position in a map view as you move along the course. You will also receive NearMe alerts as active tracked relay team members draw near to you.

Select **PhoneTrak** button to see map and review leg setup. Live tracking starts 60 minutes prior to race start.



### Team & Leg Progress Alerts

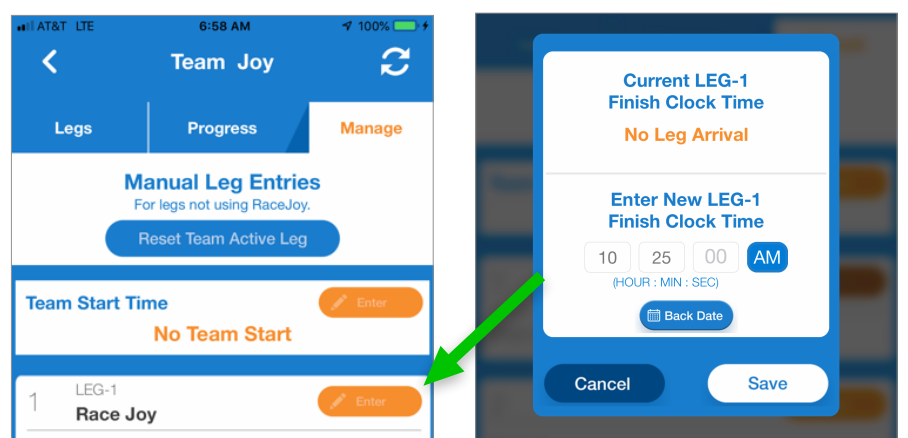
Each team member: **select the leg(s) you are doing.**



Wait to click **"Start Leg"** until you actually begin your leg. This begins the personal race time for that leg.



Leg finish times can be added for those who do not activate their leg by clicking the "Manual" tab.



The Team Start Time can be added in the Manual area if the first team member does not click Start Leg 1.

## Verify Proper Team Set Up

- Your team name will appear underneath your name at the top of the main race screen.
- Prior to the event, select **PhoneTrak -> Team Setup** to review leg selections and that team members have setup for your team tracking.
- If needed, click your name at the top of the screen to adjust your assigned team setup.

