

Samoa Perimeter Relay – Segment Breakdown

Leg	Seg # Exc #	Runner	Approx Start time	Approx Segment Distance (km)	Event Cumulative Distance (km)	Location: Village	Profile (flat / variable / up, down hill)
1	1.	1		6.0	6.0	START Sinaiei Reef Resort to	Flat-light incline
	2. 1	2		5.1	11.1	Togitogiga to: Shed on left side	Variable-light incline
	3. 2	3		4.7	15.8	Poutasi to: Store b4 POLICE Station	Variable-light incline
	4. 3	4		4.7	20.5	Tafatafa to: Brenda's beach fales b4 LDS	Variable-light incline
	5. 4	5		5.5	26.0	Salesatele to: Intersection	Variable-light incline
	6. 5	6		4.4	30.4	Lotofaga to: Intersection	Variable-light incline
2	7. 6	1		3.6	34.0	Aufaga to: Sea Breeze Resort	Flat-light incline
	8. 7	2		5.0	39.0	Saleapaga to: Oneva beach fales	Flat-light incline
	9. 8	3		6.1	45.1	Lalomanu to: Rock Quarry	Mostly Flat
	10. 9	4		3.8	48.9	Satitua to: Wharf entrance mark on boat	Flat
	11. 10	5		3.1	52.0	Samusu-tai to: At school	Uphill
	12. 11	6		3.0	55.0	Samusu-uta to: Open field	Uphill
3	13. 12	1		4.0	59.0	Tiavea uta to:	Uphill
	14. 13	2		4.0	63.0	Tiavea uta to: Aualafou	Uphill
	15. 14	3		3.8	66.8	Afulilo to: Before heart break hill	Steep climb & down hill
	16. 15	4		4.1	70.9	Le Mafa to: Xisland intersection	Variable- incline
	17. 16	5		5.0	75.9	Le Mafa to: Down hill	Mostly Downhill
	18. 17	6		5.0	80.9	Falefa to: Blue and white shop	Downhill
4	19. 18	1		4.0	84.9	Piula College to:	Mostly Flat
	20. 19	2		4.0	88.9	Salelesi to: Bathing pool	Mostly Flat
	21. 20	3		4.1	93.0	Solosolo to: 300 meters after bridge	Mostly Flat
	22. 21	4		4.1	97.1	Luatuanu'u to: Before bridge	Variable
	23. 22	5		4.0	101.1	Letogo to: After the bend	Mostly Flat
	24. 23	6		3.0	104.1	Mota'a to: Blue Marlin	Flat

Team # :					
R1	Name:			Age:	Sex:
Leg #	Appx Start Time	Approximate Distance		Location: Village	Profile/Terrain
		miles	kilometers		
1		3.73 miles	6 km	Sinalei Reef Resort to Togitogiga	Flat- Light incline
7		2.24 miles	3.6 km	Aufaga to Saleapaga	Flat- Light incline
13		2.49 miles	4 km	Tiavea-Uta to Tiavea-uta	Up-hill
19		2.49miles	4 km	Piula to Salelesi	Mostly Flat
		10.95 miles	17.6 km		

Team 1:					
R2	Name:			Age:	Sex:
Leg #	Appx Start Time	Approx Distance		Location: Village	Profile/Terrain
		miles	kilometers		
2		3.17 miles	5.1 km	Togitogiga to Poutasi	Variable – Light incline
8		3.1 miles	5 km	Saleapaga to Lalomanu	Flat- Light incline
14		2.49 miles	4 km	Tiavea-uta to Afulilo	Uphill
20		2.49 miles	4 km	Salelesi to Solosolo	Mostly flat
		11.25 miles	18.1 km		

Team 1:					
R3	Name:			Age:	Sex:
Leg #	Appx Start Time	Approx Distance		Location: Village	Profile/Terrain
		miles	kilometers		
3		2.92 miles	4.7 km	Poutasi to Tafatafa	Variable – Light incline
9		3.79 miles	6.1 km	Lalomanu to Satitoo	Mostly Flat
15		2.36 miles	3.8 km	Afulilo to Le Mafa (X island intersection)	Steep climb & dwn hill
21		2.55 miles	4.1 km	Solosolo to Luatuanu'u	Mostly Flat
		11.62 miles	18.7 km		

Team 1:					
R4	Name:			Age:	Sex:
Leg #	Appx Start Time	Approx Distance		Location: Village	Profile/Terrain
		miles	kilometers		
4		2.92 miles	4.7 km	Tafatafa to Salesatele	Variable – Light incline
10		2.36 miles	3.8 km	Satitoo to Samusu-Tai	Flat
16		2.55 miles	4.1 km	Le Mafa (X isle intersect) to Le Mafa dwn hill	Variable – Incline
22		2.55 miles	4.1 km	Luatuanu'u to Letogo	Variable to Flat
		10.38 miles	16,7 km		

Team 1:					
R5	Name:			Age:	Sex:
Leg #	Appx Start Time	Approx Distance		Location: Village	Profile/Terrain
		miles	kilometers		
5		3.42 miles	5.5 km	Salesatele to Lotofaga	Variable – Light incline
11		1.93 miles	3.1 km	Samusu-Tai to Samusu-Uta	Uphill
17		3.1 miles	5 km	Le Mafa dwn hill to Falefa	Mostly Downhill
23		2.49 miles	4 km	Letogo to Fagali'i-tai (Blue Marlin)	Mostly Flat
		10.94 miles	17.6 km		

Team 1:					
R6	Name:			Age:	Sex:
Leg #	Appx Start Time	Approx Distance		Location: Village	Profile/Terrain
		Miles	kilometers		
6	6:09 /	2.73 miles	4.4 km	Lotofaga to Aufaga	Variable – Light incline
12	9:24 /	1.86 miles	3 km	Samusu-Uta to Tiavea-uta	Uphill
18	12:09 /	3.1 miles	5 km	Falefa to Piula	Downhill
24	15:54 /	1.86 miles	3.0 km	Fagali'i-tai (Blue Marlin) to FINISH	Flat
		9.55 miles	15.4 km		
		64.69 miles	104.1 km		