



# **National Veterans Golden Age Games**

## **Track**

**50m, 100m, 200m, 400m, 800m, 1500m, 3000m**

### **INSTRUCTIONS TO ATHLETES & RULES**

1. Competition numbers must be worn.
2. Track is considered one sport towards the (4) of the (7) events: 50M, 100M, 200M, 400M, 800M, 1500M and 3,000M.
3. The competition area is defined by the Games Committee. This area is restricted to competing athletes only.
4. Coaches may communicate with their athletes through verbal or other communication, without the use of any technical device to athletes who are not in the competition area.
5. Number of heats will be based on the number of entries.
6. The competition will take place on a rubber surface 400m track. Fully automatic timing will be used. Places will be based on fastest time for each event.
7. In races run entirely in lanes, each competitor must keep in the allotted lane from start to finish. In races run partially in lanes, each competitor must keep in the allotted lane from the start to the marked cut-in points.
8. Each competitor shall run in a direct line after entering the final straightaway in all races of two or more turns unless there is another competitor in his or her path.
9. All athletes must be signed-in when their event heat is announced.
10. The commands of the Starter shall be: a) In races not exceeding 400 meters, "on your marks" and "set." b) In races exceeding 400 meters, "on your marks." Before the command "on your marks," the Starter may assemble the competitors at an actual or imaginary line between 1m and 3m behind the starting line. False start is charged to the individual, individuals are disqualified for a second false start.
11. Athletes must wear appropriate clothing. Clothing made of jean and/or denim and khaki material are not allowed as it can restrict movements during competition and if worn can result in disqualification. Athletic tights/shorts can be above mid-thigh, knee length, or ankle length. Loose fitted Capri length pants can be worn but cannot be of denim or khaki material.
12. The 3000m race must be completed within the established time limits: 15 minutes.
13. Referee shall disqualify a competitor if material advantage is gained. NOTE: Material advantage includes improving position by any means, including exiting from a 'boxed' position in the race by having stepped or run inside the inside edge of the track.
14. Unless a material advantage has been gained a competitor shall not be disqualified if he or she: (a) is pushed or forced by another competitor to step out of the lane, or (b) Steps out of the lane on the straightaway.
15. No competitor, after voluntarily leaving the track or course, shall be

allowed to rejoin a race either for the purpose of gaining a place or to pace or to assist another competitor. The competitor shall be recorded as not finishing the event. A competitor attempting re-enter the race shall be disqualified.

16. Any competitor or participant responsible for jostling, running across, or obstructing another competitor or participant so as to impede his or her progress shall be liable to disqualification in that event.
17. To be considered a finisher, a competitor must complete the race.
18. Medals will be awarded based on age division and gender.
19. Medals will be awarded to the first, second, and third place finishers, ribbons will be awarded to 4th-8th place finishers.
20. Resolving ties: In case of a tie for any place in any final, including first place, the tie shall remain competitors who tie will be awarded duplicate medals.