



NATIONAL  
**VETERANS**  
GOLDEN AGE GAMES

**Track**  
**At Home Competition**  
100m, 200m, 400m, 800m

**DIVISIONS:** Ambulatory

**REQUIRED AGE GROUPS:** All Age Groups

**EQUIPMENT NEEDED:**

1. Timer (stop watch, mobile phone)
2. Device to take image/video while competing: Smart mobile phone, fitness watch, etc.

**INSTRUCTIONS TO ATHLETES & RULES:**

1. The competition should take place on a 400m track.
2. Recommendation for track locations:
  - a. Local middle/high schools track.
  - b. Recreation Centers
  - c. Football Stadiums
3. Athletes should have at least one person to be the starter and assist them with taking a 30 second video of the participant while competing. Please see below tips for the starter:
  - a. Start the watch from the finish line and shout loud enough for the runner to hear you.
  - b. Start the watch when you say "Go!"—not when you see movement.
  - c. Start recording, then hold the phone in one hand and the stopwatch in the other. After that, start the runner. Try to keep both the runner and stopwatch in the video frame during the entire race, like shown below:



4. It is recommended that athletes wear appropriate clothing. Clothing made of jean and/or denim and khaki material can restrict movements during competition. Athletic tights/shorts can be above mid-thigh, knee length, or ankle length. Loose fitted Capri length pants can be worn as well.
5. To be considered a finisher, a competitor must complete the required distance (i.e. 100m, 200m, 400m, 800m).
6. Resolving ties: Will be determined by the National Office.

**SUBMISSION OF YOUR TRACK RESULTS:**

1. Video

- 30 second video of athlete's participation in the race. There must be at least a 30 second video of each track event race. See example [here](#).

2. Photo

- Uploaded image that shows the time it took to run the race from the timing device (stopwatch, phone timer). Ex.

3. The entry form must include the time of each race.

4. You can only submit **one** entry.

