



National Veterans Golden Age Games

Track

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

INSTRUCTIONS TO ATHLETES & RULES

Competition numbers must be worn

1. Track is considered one event towards the five-event maximum.
2. No assisting or coaching in the competition area.
3. Number of heats will be based on the number of entries.
4. All competitors must stay in their assigned lane.
5. When starting all competitors must be behind the starting line and they must not touch the starting line or the surface in front of it with any part of the body.
6. All athletes must be signed-in when their event heat is announced.
7. 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.
8. Places will be based on fastest time for each event.
9. A competitor will be disqualified after the third warning.
10. 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.
11. To be considered a finisher, a competitor must complete the race.
12. Medals will be awarded based on age division and gender.
13. Medals will be awarded to the first, second, and third place finishers, ribbons will be awarded to 4th-8th place finishers.
14. Resolving ties: competitors who tie will be awarded duplicate medals.