



National Veterans Golden Age Games

Track

100m, 200m, 400m, 800m, 1500m,
INSTRUCTIONS TO ATHLETES & RULES

1. Competition numbers must be worn, (Front and Back)
2. Track is considered one event towards the six event maximum.
3. No assisting or coaching in the competition area.
4. Number of heats will be based on the number of entries.
5. All competitors must stay in their assigned lane.
6. All athletes must be signed-in when their event heat is
7. announced.
8. 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.
9. Places will be based on fastest time for each event.
10. A competitor will be disqualified after the third warning.
11. Medals will be awarded based on age division and gender.
12. Awards will be presented for 1st-3rd medals and 4-6th ribbons
13. Resolving ties: competitors who tie will be awarded duplicate medals.