

Senior Olympics Track Rules

Playing Format

1. Track events will be governed in general by standard rules recommended by The Athletic Congress (TAC) and National Senior Games Association. For a copy of these rules please write or call:

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| USA Track & Field | National Senior Games Association |
| One RCA Dome Suite 140 | P. O. Box 82059 |
| Indianapolis, IN 46225 | Baton Rouge, LA 70884-2059 |
| (317) 261-0500 | (225)766-6800 |
| www.usatf.org | www.nsga.com |
2. **Events**
Run - 100M, 200M, 400M, 800M, 1500M
400M Co-ed Relay - (Bonus Event) 2 men & 2 women (Not a National Event)
400M Estimated Time (Not a National Event)
800M Estimated Time (Not a National Event)
50M Wheelchair (Not a National Event)
3. Track Events will be run in heats with the best times for each age group awarded first through fifth place.

Playing Rules

1. Running Events 100M, 200M, 400M, 800M, 1500M
 - a. On false starts, the race must be started again.
 - b. Participants will be allowed ONE false start.
 - c. Interfering with or making contact with another runner or running out of one's assigned lane may lead to disqualification.
 - d. A contestant involved in a tie must be present at the conclusion of the age category event to participate in the tiebreaker or he/she will accept the next lower place award.
 - e. Standard track shoes must be worn. Spikes up to 1/4" will be allowed.
2. 400 Meter Run/Walk Estimated Time
 - a. This is an estimated timed event.
 - b. Each contestant must turn in their estimated time on their entry card before the start of the race.
 - c. The contestant coming closest to running/walking estimated time they submitted at check in, without going over will be declared the winner.
 - d. Contestants may not wear watches.
 - e. Contestants may not be paced physically or verbally from the sidelines.
 - f. Penalty: The judges may assess a 5 second penalty if ("time") assistance is provided the contestant. The penalty will be added to the contestant's time.

Track Playing Rules (cont)

3. 800 Meter Run/Walk Estimated Time
 - a. This is an estimated timed event.
 - b. Each contestant must turn in their estimated time on their entry card before the start of the race.
 - c. The contestant coming closest to running/walking estimated time they submitted at check in, without going over, will be declared the winner.
 - d. Contestants may not wear watches.
 - e. Contestants may not be paced physically or verbally from the sidelines.
 - f. Penalty: The judges may assess a 5 second penalty if (“time”) assistance is provided the contestant. The penalty will be added to the contestant’s time.
4. 50 Meter Wheelchair Race (Open Age Competition)
 - a. This is a timed event.
 - b. The race is restricted to people confined to wheelchairs.
 - c. Racers may only use their hands for power and must have the chair facing forward.
5. Co-ed 400 Meter Relay (Bonus Event)
 - a. This event may exceed the 10 sport limit rule.
 - b. Open age competition.
 - c. Combination of 2 women 2 men.
 - d. Each team member will run 100 meters.
 - e. Batons will be exchanged at each interval. Any standard track baton will be acceptable.
 - f. Each team member will be placed at the 100 meter intervals in any order.
 - g. Each team must stay in their designated lane for the entire race.
 - h. The winning team takes home the traveling trophy and no medals are awarded.
 - i. Team pre-registration is required.