

# 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:  

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
	<a href="http://www.nsga.com">www.nsga.com</a>
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.

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