

New Mexico Senior Olympics

Track Rules

Revised 10-2023

Playing Format

1. Track events will be conducted in accordance with the USA Track & Field rules, National Senior Games Association and New Mexico Senior Olympics. For a copy of these rules please write or call:

USA Track & Field	National Senior Games Association
132 E. Washington St. Suite 800	P. O. Box 5630
Indianapolis, IN 46204	Clearwater, FL 33758
(317) 261-0500	(727) 475-1187
www.usatf.org	www.nsga.com
2. **Events**
Run –50M, 100M, 200M, 400M, 800M, 1500M
4 x 100M 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)
3. For Track Events, the number of heats will be determined based on the number of entries.

Playing Rules

1. Running Events 50M, 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 division event to participate in the tiebreaker or he/she will accept the next lower place placement.
 - 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, whether going over or under, will be declared the winner. It is the contestant's responsibility to turn in their time before the start of the race.
 - 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.
 - g. It is the athlete's responsibility to discuss with the Sport Coordinator any injury or disqualification.

Track 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, whether going over or under, will be declared the winner. It is the contestant's responsibility to turn in their time before the start of the race.
 - 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.
 - g. It is the athlete's responsibility to discuss with the Sport Coordinator any injury or disqualification.
4. 50 Meter Wheelchair Race (Open Age Competition) (when offered)
 - 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 4 X 100 Meter Relay (Bonus Event) Polly Baker Traveling Trophy
 - 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.
 - j. Teams may be formed onsite, and team members must all be registered athletes.