



National Veterans Golden Age Games

Track

100m, 200m, 400m, 800m, 1500m, 1mile, and Powerwalk

INSTRUCTIONS TO ATHLETES & RULES

1. Competition numbers must be worn, (Front and Back)
2. Track is considered one event towards the four event maximum. 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. For Powerwalk, competitors cannot have both feet off the ground at the same time—loss of track contact.
6. All athletes must be signed-in when their event heat is announced.
7. Athletes must wear appropriate clothing – athletic shorts or tights. (i.e., the knees and legs must be clearly visible at all times)
8. Places will be based on fastest time for each event.
9. A competitor will be disqualified after the third warning.
10. Medals will be awarded based on age division and gender.
11. Resolving ties: competitors who tie will be awarded duplicate medals.