

## TRACK

**COMPETITION DIVISIONS:** Track is an individual age category competition which is divided into both men and women divisions.

### TOURNAMENT:

1. All of the following events are timed events.
2. If required, heats will be randomly drawn.

100 Meter Dash	400 Meter Run	5K Competitive Walk
100 Meter Dash	800 Meter Run	1500 Meter Race Walk
1500 Meter Walk	5K Run	

### FORMAT:

1. Dashes will be run in lanes.
2. Crossing into another lane will result in disqualification for dashes.
3. Runs and Walks will start from a teardrop starting line.
4. Participants may change lanes on Runs and Walks when one full running stride ahead of other participants.
5. For the 1500 Meter Race Walk, the race walk or simple fast walk may be used. One foot must be in contact with the ground at all times. Both feet leaving the ground simultaneously will be considered running. One warning will be given before disqualification. ANY violation of this rule within the final 100 meters of the race will result in disqualification.
6. Two false starts by a participant disqualifies him/her from the race.

### SCORING:

1. The three fastest times in each event will be winners for medals.
2. In case of ties, duplicate awards will be given.
3. Winners will be awarded and receive in each age category below the gold, silver, and bronze medals.

50-54	65-69	80-84	95+
55-59	70-74	85-89	
60-64	75-79	90-94	

### EQUIPMENT:

1. The Golden Games Committee recommends good quality tennis shoes or running shoes.
2. Participant numbers will be provided by the Golden Games Committee.

### OFFICIALS:

1. TAC Rules shall govern this event.
2. Any circumstances not covered in these rules will be ruled upon by the Event Coordinator.