

SPORT: TRACK

TRACK EVENTS *All events, with the exception of 50m dash, are national qualifying*

DASH: 50M, 100M, 200M, 400M

RUN: 800M, 1,500M

RACEWALK: 1,500M

EQUIPMENT

Full track equipment as needed for above.

6 m. maximum spike length allowed. Shoes must be properly constructed for competitive wear and may not give the competitor any additional assistance, or in any way damage the track.

Every track competitor will be provided with numbers which must be conspicuously worn when competing.

DESCRIPTION

1. Track events will be governed by the standard rules recommended by USA Track and Field.
2. Warm-up shall be done in areas not interfering with progress of events.
3. Track events shall be run on schedule. Each competitor in all track events, **MUST** report in person to the Clerk of Course prior to the start of a race following the call for that event. The competitor has the responsibility of reporting by the last call or be scratched from the event. Last call will be 15 minutes after first call.
4. If a competitor leaves his mark with hand or foot after the commands, "on your marks" or "set," but before the shot is fired, it shall be considered a false start. Should the starter have occasion to warn the competitors on any point, or is not satisfied that all is ready to proceed after the competitors are on their marks, he shall order the competitors to "stand up."

FIRST FALSE START WILL BE ON THE FIELD, SECOND FALSE START WILL LEAD TO A PARTICIPANT BEING DISQUALIFIED.

5. In all races up to and including 400M, wherever possible, each competitor shall have a separate lane. Each competitor must keep in his allotted lane from start to finish in races run entirely in lanes. **COMPETITORS MUST RETURN TO THE FINISH LINE IN THE DESIGNATED LANE.**
6. When necessary, heats in the running events will be formed accordingly.

AWARDS

Gold, Silver & Bronze medals for top three positions in each sex and age group. When heats are necessary, awards will be presented as determined by the overall best times performed in an event

following the completion of all heats in that event.

TIES

Ties in track events will receive duplicate awards.

Ties in events will eliminate places below that level.

Examples: 2-way tie for first will eliminate second place; 3-way tie for second will eliminate third and fourth places.

National Qualifying Requirements for Track and Field:

1st, 2nd, 3rd, 4th Place in each age, plus those that meet the NSGA MPS will qualify.

EVENTS: ROAD RACES

5K RUN, 5K RACEWALK, 10k RUN

National qualifying events

The date and venue location for the 5k events will be published in conjunction with the registration process for the Annual State Games.

The annual 10k will be published by separate letter. LSOG will attempt to satellite off another established organization for the events. Normally the 5k Run is held in conjunction with the Twilight Classic hosted by the Club South Runners, the 5K Race Walk is held in conjunction with the Alzheimer's A Walk to Remember and the 10K is held in conjunction with the Baton Rouge Sports Foundation's The Mardi Gras Mambo. Normally the races are governed by USATF masters rules.

National Qualifying Requirements for Track and Field:

1st, 2nd, 3rd, 4th Place in each age, plus those that meet the NSGA MPS will qualify.