



TRACK EVENT



100M Dash/800M Run/1500M Fast Walk/400M Run/1500M Run/ 200M Dash/4 X 100M Handicapped Relay

We will run a FREE 4 X 100 Handicapped Relay for all interested individuals
You may form your team during the morning and race for fun and pride only.
Further information is given below.

Location: Clearwater High School
540 S. Hercules
Clearwater

Event Director: Walter Deal 441-9463

Florida State Senior Games Qualifier: Yes

Format:

The Track Events is scheduled to start at 9:00 am. Runners may use running flats or 1/8" spikes.

The following is the order in which the events will occur:

- (1) The 100M Dash.
- (2) The 800M Run.
- (3) The 1500M Fast Walk. The only rule for this event is that the competitor must be in contact with the surface at all times.
- (4) The 400M Run.
- (5) The 1500M Run.
- (6) The 200M Dash.
- (7) A handicapped 4 X 100M Relay (with day of event entry) will finish the day.

This FREE 4 x 100 meter relay race is for teams of four interested runners, regardless of age or gender. This will be a handicap race making both genders and all age groups equal. We will take the average of the four age-grade factors and multiply the team's actual time to obtain a corrected time for your team's effort. The winners will have run the best times compared to their All-American Standards regardless of gender or age.

This meet will be conducted in accordance with USA Track and Field (USATF) rules, except as modified herein. For a copy of these rules, please write or call:

**USA Track & Field,
One RCA Dome Suite 149
Indianapolis, IN 46225
317-261-0500
www.usatf.org**