



RUNNING



**100 MTRs, 200 MTRs, 400
MTRs, 800 MTRs, RELAY RACE - 4 X 100 , 4 X 400**

SHRUJAN 2.0

GIET UNIVERSITY, GUNUPUR

Team Size: Individual participant.

Event Details:

1. Sprinters should run in designated lanes and cannot cross lanes, throughout the race.
2. In 800-meter race, they start from staggered positions and can break inside after the first bend.
3. Sprinters shouldn't step on white lines that mark their lanes throughout the race.
4. In case of a false start, the athlete is disqualified.
5. Before giving the 'set' command or before firing the starter gun, athletes cannot touch the other side of the start line with their hands or feet.
6. Athletes should not obstruct other athletes during the race.
7. If an athlete is obstructed, the referee may order the race to be held again, or he may ask the athlete to take part in the next round.
8. Athletes may leave the track voluntarily before the race ends, but they cannot come back to the track else they will be disqualified.