

**INTRAMURAL RECREATIONAL SPORTS
Presents**

Track Meet

Location: Stokes Stadium

Entry Form: Track Meet Special

Entry forms must have name, banner ID number, and signature to be considered complete. Entry forms should be turned into the metal box at the Member Services Desk at the Student Recreation Center.

Competition: Men's & Women's; Open, Greek & Organizational [A contestant may compete in a total of four events. Greek/organizational teams may enter only one team per relay and two per individual race.] The top 6 places in each event will gain team points for their organization.

Order of Events:

1. 100 M Dash
2. 1600 M Run
3. 200 M Dash
4. 4 x 100 M Relay
5. 400 M Dash
6. 3200 M Run
7. 4 x 400 M Relay

Rules:

1. Warm-up starts at posted times.
2. The announcer will use megaphone to inform participants who is up, on deck, and in the hole
3. Starting the events:
 - a. Announcer will say "Runner to your mark", "take your mark" "set" then whistle)
4. Timers will use stopwatches and record information on notecards per participant with Last Name/Organization/Lane/Time which will be given to the runner after each heat
5. Keeping score for the events: the Runner collects time cards after each heat and reports to the official table.
6. No rest between heats—everyone needs to quickly exit the track after each heat

Reminder: ALL Intramural rules posted in the handbook are applicable with this sport. Each participant is responsible for reviewing Student Recreation Center guidelines and Intramural guidelines available on the website before participating in any event. <http://www.recreation.truman.edu>

Please contact the Intramural Office, 660-785-4467, if you have any questions.

