



Michigan Indian Family Olympics

EVENT RULES: Track Events

- **Race Starts:** All running/walking events will begin with a “set” command and then the gun.
- **False Starts:** With noticeable false starts, the gun will be shot again and restarted.
- **400 Meter Runs & Walks:** There will be a “waterfall” start for these events.
- **Heats:** There is a good possibility that there will be more than one heat per age group and gender. The results are determined by taking the best times out of each heat. For example, just because someone finishes first in one heat does not mean they will be first overall.
- **Recording of Times:** Times will be recorded to the 100th of the second.
- **Post Natal Walk:** This entails all mothers who are within the first year of their babies birth date.
- **Finish Line:** The participants time will stop when their torso crosses the finish line (this is done through the timer’s best discretion.)
- **Repeating Age Groups Events:** When an age group has been completed, and the next race has started, there will not be more heats ran for a previous age group.
- **Walking Events:** During all walking events participant must walk. Definition of walking: Both feet must be on the ground at the same time. This will be determined by the discretion of the head of track events staff member. If a participant is seen running during a walking event, the participant will be disqualified from that event and will not be figured in any results.