

CHARTER SCHOOL ATHLETIC ASSOCIATION

800 METER RULES

Participation

All schools should enter their best 4 middle distance runners.

Boys 4 runners

Girls 4 runners

A) All runners must stay in their lanes for the first 50 meters (orange cones), then they can move out of their lanes.

B) Runners must run four (4) laps around a 200 meter track.

Awards

Gold, Silver and bronzes **METALS** will be given for the top three overall times, **AFTER THE FINAL HEAT**

Tie Breakers

The timers will do their best to determine who finish ahead of one another. If the timer cannot distinguish between the runners they can rule a tie and award the same time and place to a team.

CSAA will not permit or use any video or photo technology to determine a winner.

General Rules

- A) Boys and Girls compete separately.
- B) All spectators must stay out of the middle of the track area during the running events. Only coaches and participants in the current even or immediately upcoming event can be on the track
- C) No one is allowed to run alongside participating runners. This will result in a disqualification.
- D) Participants must wear school track uniforms, and colors.
- E) NO SPIKES

Reminders

- A) Bring plenty of water and fruits.
- B) Bring a first aid kit.
- C) All Coaches should be AED/CPR certify

