

CHARTER SCHOOL ATHLETIC ASSOCIATION

4X200 RELAY RULES

Participation

All schools relay team's roster cannot exceed more than ten (10) runners.

RUNNERS MUST STAY IN THEIR LANES

Boys 8 runners and 2 alternates in case of illness or injury.

Girls 8 runners and 2 alternates in case of illness or injury.

Only eight can compete

Scoring System

4X200 relays (200 METER TRACK)

- 1st place 20 pts
- 2nd place 18 pts
- 3rd place 16 pts
- 4th place 14 pts
- 5th place 12pts

- A) All runners must stay in their lanes the hold race.
- B) Runners must pay attention to the exchange zones.

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) Bring team batons for the relays.