

**RULES, REGULATIONS AND SCHEDULE**  
**GRANDFATHER MOUNTAIN HIGHLAND GAMES**  
**TRACK AND FIELD EVENTS, SATURDAY**

9:30 AM-12:00 PM REGISTRATION FOR TRACK AND FIELD EVENTS AT THE ATHLETIC TENT

12:00 PM	HIGH JUMP	1:30 PM	100 YD. DASH
	LONG JUMP	1:45 PM	ONE MILE RUN
	TRIPLE JUMP	2:00 PM	440 YD. DASH
12:30 PM	POLE VAULT	2:15 PM	880 YD. DASH
		2:30 PM	220 YD. DASH
		3:00 PM	2 MILE RUN

THESE EVENTS WILL RUN IN CONSECUTIVE ORDER.

**NOTES FOR TRACK AND FIELD**

1. PARTICIPANTS MUST REGISTER AND PICK UP NUMBER AT THE ATHLETIC TENT DURING THE DESIGNATED REGISTRATION TIME.
2. EACH ATHLETE MUST SIGN A RELEASE FORM BEFORE BEING ALLOWED TO ENTER THE TRACK AND FIELD EVENTS.
3. USA TRACK AND FIELD RULES AND REGULATIONS SHALL GOVERN EACH CONTESTANT IN TRACK AND FIELD.
4. EACH CONTESTANT SHALL BE LIMITED TO 5 EVENTS.
5. MEDALS WILL BE AWARDED FOR THE FIRST 3 PLACES IN EACH EVENT FOR MEN AND WOMEN PROVIDED THERE ARE 3 OR MORE CONTESTANTS.
6. WINNERS MUST BE PRESENT TO RECEIVE THE AWARDS AT THE AWARD'S CEREMONY.
7. AN OUTSTANDING MALE/FEMALE ATHLETE OF THE DAY AWARD WILL BE PRESENTED AT THE END OF THE AWARD'S CEREMONY.
8. THE **TOP 3 CONTESTANTS** IN EACH EVENT WILL BE REFUNDED THEIR \$10 EVENT REGISTRATION FEE. REFUNDS WILL BE GIVEN AFTER AWARDS ARE PRESENTED.
9. DASHES WILL BE RUN IN HEATS AGAINST TIME IF NECESSARY.
10. CONTESTANTS MUST REPORT ON TIME AND IN THEIR RESPECTIVE STARTING PLACES.
11. QUALIFYING TIMES AND DISTANCES ARE LISTED ON ENTRY FORMS.
12. ANY EVENT MAY BE SCRATCHED OR RESCHEDULED AT THE DISCRETION OF THE ATHLETIC COMMITTEE.
13. ALL CONTESTANTS MUST WEAR **APPROPRIATE RUNNING ATTIRE** AND SHIRTS WITH THEIR NUMBERS ATTACHED TO THE **FRONT**.
14. DO NOT LEAVE VALUABLES IN THE DRESSING AREA. THE GMHG IS NOT LIABLE FOR ANY LOSS OF PROPERTY.
15. THERE MUST BE A MINIMUM OF 3 CONTESTANTS IN EACH EVENT. SOMETIMES THERE ARE NOT 3 WOMEN TO MAKE A SEPARATE EVENT. IN THAT CASE, 1 OR 2 WOMEN CAN CHOOSE TO COMPETE WITH THE MEN. (NO SEPARATE MEDALS WILL BE AWARDED TO WOMEN IF THEY CHOOSE TO RUN WITH THE MEN)
16. ALL COMPETITORS MUST BE AT LEAST 16 YEARS OLD.
17. THIS IS A COMPETITIVE ATHLETIC EVENT RESERVED FOR SERIOUS ATHLETES ONLY.
18. IF THERE IS A QUESTION ABOUT A PARTICIPANT'S QUALIFICATIONS, A DECISION WILL BE MADE BY THE ATHLETIC COMMITTEE.