

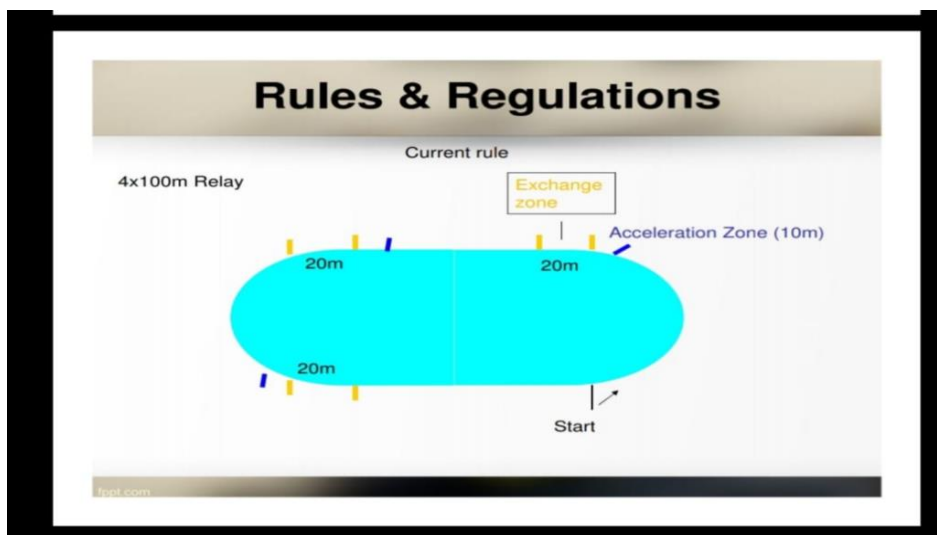
Rules and Regulations

Track Events

- 1) The 4 x 100M relay shall be run according to IAAF Competition Rules 2018-2019. Each take-over zone shall be 30m long with no acceleration zone. An athlete may continue to place a maximum of two check-marks on the track within his/her own lane at a take-over zone, by using adhesive tape only, maximum 5 cm x 40 cm, of a distinctive colour.
- 2) **Spike shoes (with or without spike nails) are not allowed.**

4 x100m Relay zones

Current Rule



New Rule

