



**2022 NATIONAL PRISAA
VIRTUAL COMPETITION GUIDELINES**
Ilocos Region I, June 23-24, 2022
TRACK AND FIELD

I- Events to be played:

- 100m (M&W)
- 200m(M&W)
- 400m (M&W)
- 800 (M&W)
- 1500 (M&W)
- 4x100m Relay (M&W)
- 4x400m Relay (M&W)

II- GUIDELINES

1. Divisions – Open Age. Senior High school Grade 11 and 12 will be allowed to join but must compete against Collegiate age players. Athlete must be at least 18 – 25 years old.
2. Only athletes currently enrolled at PRISAA Universities may join.
3. Only PRISAA Universities that are up to date with their PRISAA Membership fees may join.
4. Events must be played on a 400m standard rubberized track oval only. We will not accept performances done on dirt tracks, road, grass fields. Substandard Rubberized Track Ovals are not Allowed too.
5. A clear video of whole race, with clear view of start and finish must be submitted.
6. Video Times using Kinovea video software will be the official times. Hand Times will not be accepted.
7. The Top 3 fastest times overall from all regions will be the Gold, Silver and Bronze Medalists.
8. Each Region May enter as many as 2 athletes per event. 4 Members for the relays.
9. Videos to be submitted no later than June 24 at 11:59pm (Phi Time).
10. Doubtful Performances will be disqualified.
11. Running out of lane will be disqualified.
12. Starter must use a Starting Gun, Clapper, or Whistle. No Verbal Go Commands or non-verbal e.g. waving a flag.
13. Spike Shoes optional for athletes.
14. Starting Blocks optional for athletes.
15. Use of cones to designate starting and finish points. And in passing zone for 4x100 and 4x400.
16. Athletes must run at a track which is in the same region they attend school.

Prepared by:

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