

TRACK & FIELD RULES

Eligibility

All players must be regular employees (full or part-time), interns or retirees of companies registered for the Des Moines Corporate Games.

General Rules

1. Current USA Track & Field rules will apply unless otherwise noted. A copy of these rules can be found at <http://www.usatf.org/About/Competition-Rules.aspx>.
2. **Individual Events:** Each company may enter 2 males and 2 females in each individual event in each age group. For the 50+ age group, companies may enter 4 males and 4 females.
3. **Relays:** There are no age groups for relays. The 4x100 will be split into a men's and women's division. Coed relays (two men and two women) may run in any order by gender. Companies may enter one team in each relay.
4. **Spike Requirements:** 1/4-inch pyramid spikes only. No needle spikes or spikes longer than 1/4 inch.
5. **Implement:** The Des Moines Corporate Games will supply the men's and women's shot puts.

Competition Information

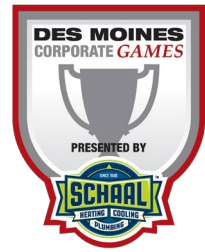
Track participants are reminded that events are "running races" and not intended for walkers. To ensure the meet finishes in a timely manner, any walkers in a race will be asked to step off the track once all runners cross the finish line.

Age Groups

Men's and Women's divisions. Age groups are 18-29, 30-39, 40-49, 50+. Age based on the day of the meet.

DMCG Medals, Scoring, & Event Details

- Individuals will compete within their age group against competitors from all divisions, but results will be scored by division.
- Categories for competition (medals and scoring) in the Track & Field Meet are as follows:
 - Medals will be awarded to the **top three finishers** (individual and relay).
 - The **top eight finishers** for individual events (by division) within the Track and Field Meet will be awarded points toward your company's point total.
 - The **top ten finishers** for relays (by division) within the Track and Field Meet will be awarded points toward your company's point total.
 - Track and Field events offered are as follows:
 - **400M** – Men's & Women's
 - **800M** – Men's and Women's
 - **Long Jump** – Men's and Women's
 - **Shot Put** – Men's and Women's
 - **4 X 100m Relay** – Men's and Women's
 - **4 X 100m Relay** – Coed (Divisions 1 & 2 only)
 - **Distance Medley Relay (200-200-400-800)** – Coed
 - **4 x 400m Relay** - Coed



DMCG Point Scoring Breakdown

- **Individual Points:** The below table represents the individual place scoring.
- **Note:** 10 participation points will also be awarded for all individuals participating in individual events.

Individual Points	
Place	Points
1 st	10
2 nd	8
3 rd	6
4 th	5
5 th	4
6 th	3
7 th	2
8 th	1

- **Relay Points:** The below table represents the relay place scoring.
- **Note:** 20 participation points will also be awarded to teams participating in relays

Relay Points	
Place	Points
1 st	100
2 nd	90
3 rd	80
4 th	70
5 th	60
6 th	50
7 th	40
8 th	30
9 th	20
10 th	10

- **Bonus Team Points:** The below table represents the bonus team scoring. Points will be awarded to the top six companies based on **total placing points** (individual and relay) earned during the track meet within each division as follows:

Bonus Team Points	
Place	Points
1 st	500
2 nd	400
3 rd	350
4 th	300
5 th	250
6 th	200