

Hello everyone, as we all know that our college is going to organize our college fest "IEC Innovision 2K24" , if you guys want to participate in event 100 meter race, then please, send your names and roll numbers to the coordinators.

Student Coordinators:

1. Name- Anshul Bhati

Mob.No.- 7895858750

2. Name- Priyanshu

Mob.No.-

Rules for participating in 100 Meter Race

- The 100-meter sprint is an exciting event. One of the truest forms of human competition, sprinters must run in a straight line as fast as possible. The winner of the 100-meter sprint is the first runner to cross the finish line. Competition rules for the 100-meter sprint are governed by the International Association of Athletics Federation
- **Start**
Every 100-meter sprinter must begin the race with his/her feet in the starting blocks. The official race starter will call the sprinters to their blocks and on command the runners will adopt a set position. The set position requires the runners to have both feet in the blocks and adopt a position with the body weight on their hands. On the starter's gun all runners begin the race.
- **False Start**
A false start is called when the feet of a runner leave the starting blocks before the starter's gun.
In youth and amateur events a false start is called by the starter or an assigned race referee.
At international competitions technology to measure false starts must be in place. Reaction time is measured by pressure on the blocks, with 0.12 seconds being the natural time it is ruled to take for information to process from the brain to the muscles.
- **Lanes**
Any sprinter who leaves his/her lane or obstructs the path of another sprinter will be automatically disqualified from the race.
Stepping on the white lines is ruled as having left your lane during the race.
In these circumstances, the race referee can order the race to be run over again if it is deemed necessary.

For more information contact:

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