

# Addendum June 18, 2021

## Change Relay Gate Pylon Rule

SR 220.5 Placement of the gate area at all qualifying meets is to be approximately 56 feet from the front of the gate area to pylon 3, **and placed in line with pylon 2.** (see diagram below) The size gate area is left to the discretion of the chief referee. This gate area will change if the track is moved more than 4 feet.

## SR131.1 Quad Individual Divisions - Elite Pogram

At no time shall male and female compete against each other in an individual division race at a Regional qualifying event or National Championship.

Primary	7& under	200m	300m	400m
Elementary	8 - 10	300m	500m	700m
Freshman	11 - 13	300m	500m	1000m
Junior	14 - 16	500m	1000m	1500m
Senior Men	17 & older	500m	1500m	3000m
Senior Women	17 & older	500m	1000m	2000m
Classic Men	25 & older	500m	1000m	2000m
Classic Women	25 & older	500m	1000m	2000m
Masters	35 & older	300m	700m	1000m
Veteran	45 & older	300m	500m	700m
Esquire	55 & older	300m	500m	700m
Premier	65 & older	300m	500m	700m

## SR 145 Quad Three Person Relays

### 1 Freshman Relays:

- Three Man - (13 & under) Three men skating a total distance of 1200m. Each man skates a continuous 100m before relaying another. All skaters shall relay every lap.
- Three Women - (13 & under) Three women skating a total distance of 1200m. Each women skates a continuous 100m before relaying another. All skaters shall relay every lap.

### Freshman Relays:

- Three Mixed - (13 & under) Any combination of males and females, but no team of the same gender. Skating a total of 1200m. Each member skates a continuous 100m before relaying another. All skaters shall relay every lap.**

### 2 Senior Relays:

- Three Man - (14 & older) Three men skating a total of 3000m. Each man skates a continuous 100m before relaying another. All skaters shall relay every lap.
- Three Women - (14 & older) Three women skating a total distance of 3000m. Each women skates a continuous 100m before relaying another. All skaters shall relay every lap.
- Three Mixwd - (14 & older) Any combination of males and females, but no team of the same gender. Skating a total of 3000m. Each member skates a continuous 100m before relaying another. All skaters shall relay every lap.**

### 3 Master Relays

- Three Man - (35 & older) Three men skating a total distance of 1500m. Each man skates a continuous 100m before relaying another. All skaters shall relay every lap.

- b. Three Women - (35 & older) Three women skating a total distance of 1500m. Each women skates a continuous 100m before relaying another. All skaters shall relay every lap.
- c. Three Mixed - ( 35 & older) Any combination of males and males, but no team of the same gender. Skating a total of 1500m. Each member skates a continuous 100m before relaying another. All skaters shall relay every lap.

**Change Masters Division Age Categories For Outdoor**

Outdoor National Championship

**TRACK**

Juvenile Girls and Boys	age 9 - 10	300m time trial 500m sprint 2000m points
Freshman Girls and Boys	age 11 - 13	300m time trial 500m sprint 5000m points
Junior WC Women & Men	age 14 - 18	300m 500m sprint 1000m 10,000 points elimination
Senior WC Women & Men	age 14 & older	300m 500m sprint 1500m 2000m points (women) 5000m points (men)
Masters Women & Men	25 & over 35 & over 45 & over 55 & over	300m 500m sprint 1500m 2000m points (women) 5000m points (men)

**ROAD**

Juvenile Girls and Boys	10 & under	200m time trial 500m sprint 2000m points
Freshman Girls and Boys	age 11 - 13	200m time trial 500m sprint 5000m points
Junior Women & Men	age 14 - 18	200m time trial 500m sprint 15,000 elimination
Senior Men & Women	14 & older	200m time trial 500m sprint

Masters Women & Men

25 & over

35 & over

45 & over

55 & over

15,000m elimination

200m time trial

500m

1500m

2000m points (women)

5000m points (men)

