

REGULATION FOR PARTICIPATING IN THE ATHLETICS MEETING

ART. 1_Non-competitive track and field event

All participants must be students at the Politecnico di Milano and hold a valid Basic student ID and a current non-competitive sports medical certificate.

The event consists of a **timed medley relay**: teams run for a set period (60 minutes), and the team that completes the most laps wins.

Key features:

- Teams: composed of 3 athletes;
- Course: track, with the exchange taking place in a designated area;
- Leg: open, meaning each athlete can run whatever distance they wish (unlimited number of laps);
- Relay: open, each team may change runners as many times as they wish (each member must complete at least one lap to validate their relay); the changeover occurs by passing the baton to a teammate;
- *Objective*: the relay team that completes the most laps (400 m) in one-hour wins; at the end of the hour, there will be a final lap to determine any ties.

The meet will take place at the Giuriati Sports Center on **Thursday, May 28**, starting at 3:00 p.m.

Any team that does not check in 20 minutes before the official start time of the race will be considered a no-show.