

Starters



Where do I stand if I am on the straight track?

For all races on the straight track, the starter should position themselves on a few metres in front of the outside lane (closest to the spectators) to ensure a clear view of all competitors within the narrowest angle of vision.

Where do I stand for staggered (laned) races on the circular track?

Stand either in front of the athletes, on the outside of the track, positioned far enough back to view all lanes within a narrow angle of vision, or on the inside of the track, behind the athletes, ensuring all lanes are visible within a narrow field of view.

Where do I stand for long (single lane) races on the circular track?

Stand in front of the athletes, on the outside of track, at a distance that allows you to observe all competitors within a narrow angle of vision.

What are the basic rules of starting?

Athletes must not touch the start line or ground beyond it with their hands or feet before the race begins.

If there is a **false start**:

- After assuming their final starting position, athletes must wait for the starter's signal before commencing their race. Any movement that leads to an early start without being stopped will be considered a false start.
- Starters should exercise caution when calling false starts, particularly with standing starts, as unintentional over-balancing is common.

How do I start a race?

- Confirm with the timekeeper that the timing equipment is ready.
- Ensure the track is clear of any obstructions, including hurdles.
- For races conducted entirely in lanes (up to and including 400m), use the commands "On your marks.... Set", followed by pressing the start button.
- For races longer 400m, including the walk, use the command "On your marks", followed by pressing the start button.
- The duration between commands is flexible but should allow all athletes to be settled and still.
- If an athlete is taking too long to settle, instruct all athletes to stand up and restart the commands sequence.

What are some "handy hints" for starters?

- Familiarise yourself with the start rules for the specific events.
- Be knowledgeable about the correct hurdle heights and track positions.
- Collaborate effectively with timekeepers and other officials to ensure a smooth operation.

