

Starters

Function:

To start a race which is fair for all athletes.

What Do I Need To Start A Race?

- **Hearing protection:** Ear muffs/plugs
- **Starting apparatus:** Starting gun: caps /ammunition, Electronic starting gun
- **Whistle** (for Little Athletics events): to warn everyone the race is about to start
- Raised platform/**Starter's stand**



Where Do I Stand To Start Races On The Straight Track?

Rule of thumb: On inside of the track: 5m from lane one; 3m forward of start line

Where Do I Stand For Races On The Circular Track?

Dependent on site constraints:

- At rear of athletes close to lane 8,
- 15m behind lane 1 start line
- Forward of the athletes, outside track; several metres forward of lane
- On infield, close to lane 1; approximately 15m rear of lane 1 start line

What Are The Rules Of Starting?

- If athlete leaves (breaks) their mark before gun is fired, starter declares a false start
- Disqualification of the athlete "breaking" is dependent on the starter's perception of the break, the age level of the athlete and the combined events rule

How Do I Start A Race?

- At club/school meet: As Starter check with Track Referee that all other personnel are ready (place judges/ timekeepers)
- At higher level meets, the Starter may be given the "Start the race" instruction from the Competition Manager
- In all meets the Starter should ensure the track is clear before the gun is fired
- In races up to and including 400m, the command is "On Your Marks" "Set" – gun
- In races over 400m, the command is "On Your Marks" – gun
- The length of time between each command is not counted or fixed, but should be a reasonable length of time whereby all athletes are settled and no movement detected. The command will vary, especially between athletes doing standing and crouch starts.
- If an athlete is taking too long to settle into the "Set" position, as Starter ask all the athletes to stand up and begin the commands again
- As soon as you as Starter have determined that all athletes are ready, the gun should be fired

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What Are The Safety “Duty Of Care” Responsibilities?

- All guns and ammunition should be stored:
 - separately
 - under lock and key
 - in cool dry container
- Wear protective ear plugs or muffs

Handy Hints

- Know the rules of starting
- Know the correct heights/track positions for all hurdles
- Keep to the timetable
- Achieve and maintain a high standard of starting

