

# 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 8

\* On infield, close to lane 1; approximately 15m rear of lane 1 start line

## What are the rules of starting?

\* Athletes start from behind the start line (no part of athlete's toes or hands on line)

\* 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

## 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

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## 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

