

Starters

Function:

To start a race which is fair for all athletes

What do I need to start a race?

- Hearing protection: Earmuffs/ear plugs
- Starting apparatus: Starting gun: caps /ammunition or electronic starting gun
- Sound system so all athletes can hear commands
- Raised platform/Starter's stand



Where do I stand to start races on the straight track?

Rule of thumb: On inside of the track. In a position where you can see clearly every athlete on the start line.

Where do I stand for races on the circular track?

Dependent on site constraints:

- For 400m, 200m, 800m and circular relays, at rear of athletes in a position where you can see all athletes when they are at their start line
- Forward of the athletes, outside track; several metres forward of lane 8
- Longer events e.g. 1500m inside the track close to Lane 1 in a position where you can clearly see that athletes' toes are not in contact with the start line

What are the rules of starting?

- Athletes start from behind the start line (no part of athlete's toes or hands on the line)
- If athlete leaves (breaks) their mark before gun is fired, starter aborts the race
- 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 the official in charge at the finish 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 you can ask all the athletes to stand up and begin the commands again
- As soon as the Starter has determined that all athletes are steady, 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 a cool dry container
- Wear protective ear plugs or muffs

Handy Hints

- Know the rules of starting
- Keep to the timetable
- Achieve and maintain a high standard of starting
- If there is more than one starter appointed share the responsibilities



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