

USA
TRACK & FIELDSM



USATFSM

TRACK & FIELD LONG DISTANCE RUNNING RACE WALKING

STARTERS

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CHARACTERISTICS OF A GOOD STARTER

Must ensure all runners receive a fair start

Able to take command and remain calm

Ability to give clear, precise instructions

Being physically fit

Mentally alert

Have good eyesight and reactions

Ability to concentrate

Love the sport



PRE-MEET ACTIVITIES

Check equipment bag

Time to arrive

Check start line locations

Check for sound system

Check with meet director

Check with clerk



RECALL STARTERS

Assuming control of the athletes at the line

Check bib number and uniforms

Assist athletes with blocks



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INSTRUCTIONS TO COMPETITORS

Brief instructions before each race

Example:

Υ Gentlemen/Ladies not a fast gun on the set
command lets have a good sturdy hold



POSITION OF STARTER AND RECALL STARTERS

Positions can vary

Depending on whether you are working alone

Working with one to four recall starters

Physical layout of the starting area

Sprint races

Two usual positions for the starter

3 meters in front of the start line

8-10 meters back from the inside edge

Recall starter

1-3 meters in front of starting line

3-5 meters from the edge of the track

Recall starter to watch for slip blocks



STARTER'S MANNERISMUS

Calming influence at the starting line

Always appear to be a person in control

Stance upright and comfortable

Distracting mannerisms



VOICE COMMANDS

Calm voice most important

Set command should never be forcefully, or sharply spoken nor drawn out



SIGNALS

Starter to Finish Line

Recall Starters to Starter

Agree on procedures with Head Starter

Relay Races - 4x100 check each zone for white flag



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REASONS TO HALT THE START

Starter or Recall Starter

Sprint Races

Υ **Runner's Request**

Υ **Crowd Control**

Υ **Starting Block Problems**

Υ **Obstructions on track**

Υ **Slow Athlete**

Υ **Slipped Blocks**



DISTANCE RACES

Runner not steady

Toes on the line

Fall during the first 100 meters - High School and College only



PULLING THE TRIGGER

Length of time between “Set” and firing the gun
Good hold time will range from 1.8 to 2.5



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FALSE STARTS

False Start Rules

- Υ Youth/Junior Olympics - 2 to the individual
- Υ High School/Junior High/Middle School - No False
- Υ Collegiate - No False
- Υ Open/Elite - No False
- Υ Open/Elite (IAAF) - No False
- Υ Masters - 2 to the Individual Rule
- Υ Combine Events - 2 to the Individual Rule



STARTER'S UNIFORM

Red jackets or Red Shirt

Tan pants

White shoes

White ball cap

Check with meet management



EAR PROTECTION

Good earplugs

Earmuff



MOVING EQUIPMENT

Most dual meets

Υ Blocks

Υ Hurdles

Υ Sound System

Υ Ladder



SAFETY

Be alert to any possible safety conditions



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TRAVELING WITH YOUR PISTOL

Make sure pistol is unloaded

Lock in gun case

Shells and gun in separate cases

Lock in trunk of car

Keep extra gun locked in car

Must have a trigger or barrel lock



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STARTERS EQUIPMNT

.32 or .38 (a .22 caliber may be used for indoor meets)

Gun Cleaning Kit

Metal whistle

Raingear, plus goulashes

Sun Block

Earplugs

Red blazer or red sweater



STARTERS EQUIPMENT

Comfortable shoes

Hat

Extra Baton

Current Rule Books

Safety Pins

Extra Track Spikes and Spike Wrench

Tape



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CHECKLIST FOR STARTERS

Arrive an hour before meet starts

Look over facility

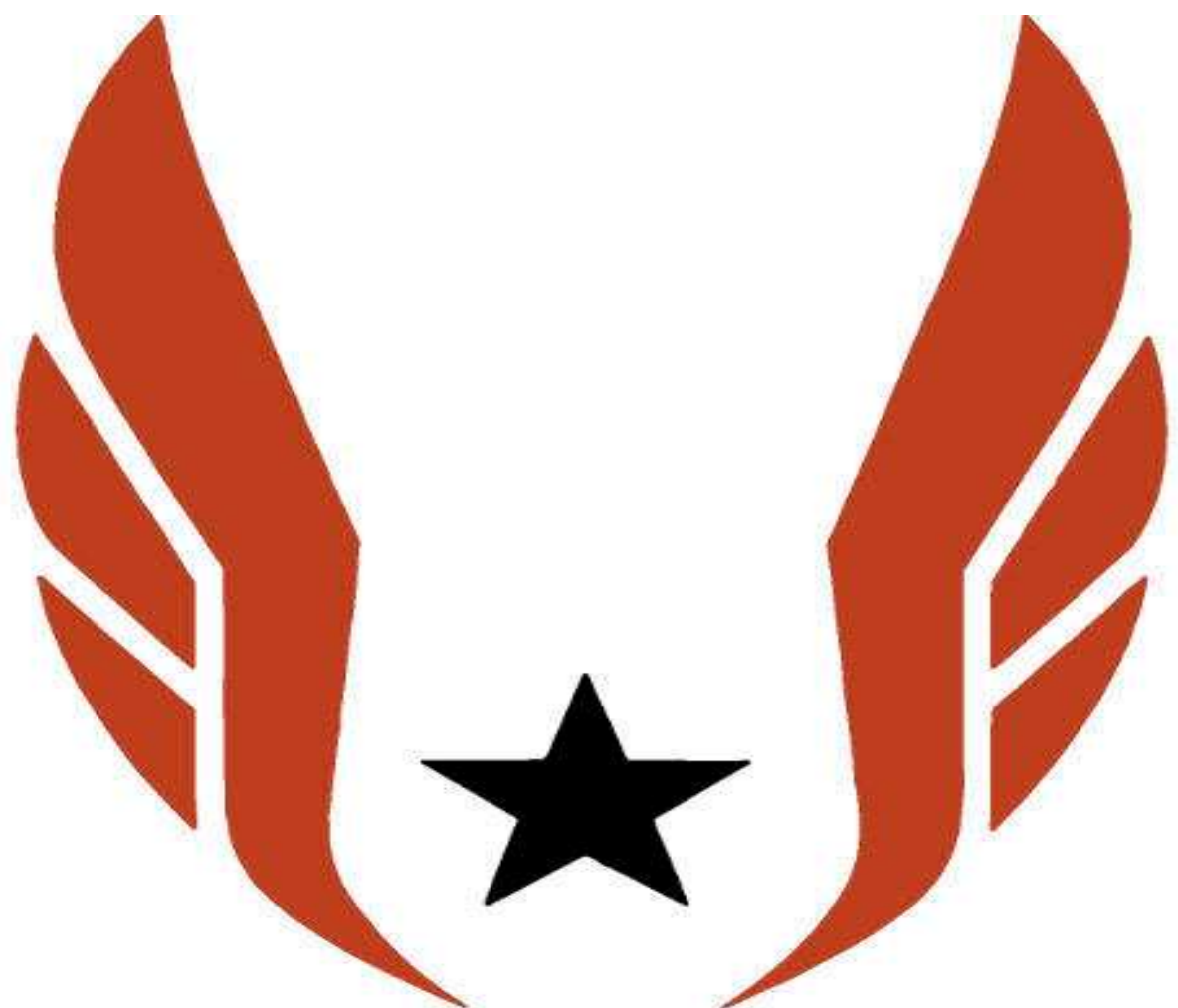
Check color codes for the starting lines

Obtain time schedule from Meet Director

Discuss signals to be used

Check blocks and hurdles

Do not discard used shells in the track area



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