STARTING

How do the athletes start a race?

For all running events up to and including the 400m, the athletes will need to wait one metre back from the starting line. The starter, who controls the race, will call them up to the line when all the timekeepers are ready. Athletes can do a standing or crouch start.

How do middle and long distance races start?

- The athletes must use a standing start.

- For the 800m and over, athletes line up side by side along a curved start line marked on the track. The athletes in this situation can cross to the inside lane as soon as it is safe to do so.

How do I teach a child to start?

- "On your marks" position – stand with feet shoulder width apart, place one foot forward pointing down the track.

- "Set" position – bend at hips and knees, opposite leg and arm forward.

- Action on "Go" – drive arms and legs – step through with back foot first.

- Crouch or block starts can be used but should be taught by someone with experience in the area such as the Centre coach.

What are the safety considerations?

- Athletes in the U9 – U17 age groups can wear spiked shoes in all running events up to and including the 400m (800m, 1500m and 3km not allowed).

- Athletes are not allowed to put their spikes on until told to do so by the officials.

- Athletes must remove their spikes prior to leaving their lane at the end of the race.

What are some "Handy Tips" for track races?

- For younger age groups, have coloured cones at the end of the finish line so the athlete will run to that cone and not detour to a parent off the track.

- For younger age groups, do not allow athletes to crouch start or use blocks until they have mastered the standing start.

- Organise the athletes who are waiting for their race into their heats and lanes. Have them sit in lines behind their allocated lane, ready to be called to the starting line.

- For large groups, consider using a pack start for 400m races or two athletes per lane.

- Use inside lanes for distance events and other lanes for 200m/400m.