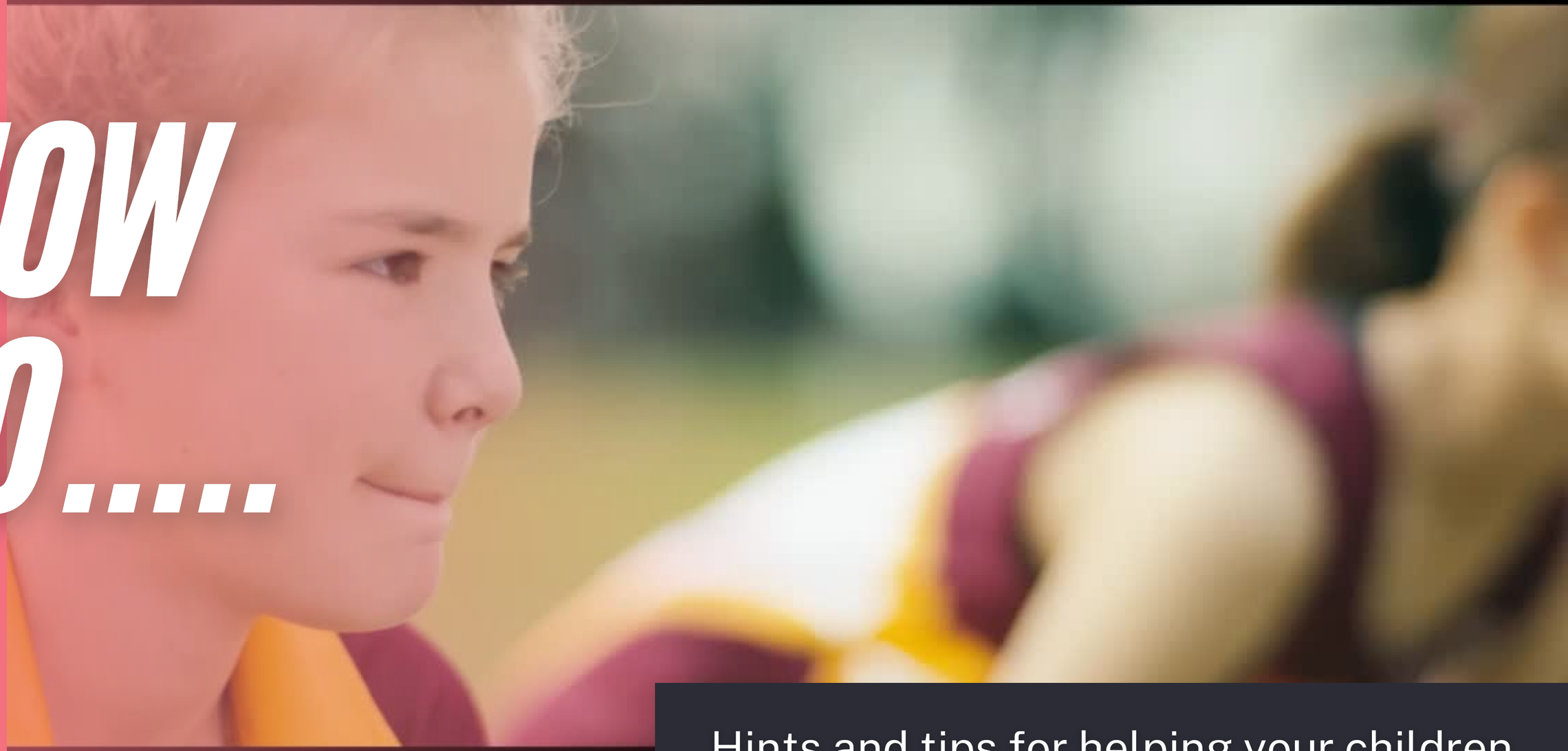
HOW TO.....



Hints and tips for helping your children

TRACK

- STARTING -

Today, we'll cover "how to" start a race.

3 COMMANDS FOR UP TO AND INCLUDING 400M

"ON YOUR MARKS"

Official:

- Make sure timekeepers are ready
- Stand so that you can see all athletes
- Hold your arm parallel to the ground
- Call the next command when athletes are steady

"ON YOUR MARKS"

Athlete:

- Moves up to the line, not on or over it
- Feet point in direction of run
- Listen for the next command

"SET"

Official:

- Move your arm above your head
- Fire the gun when athletes are steady

"SET"

Athlete:

- Bends front knee and have the opposite arm to opposite leg forward
- Look to the ground 1 - 2m in front of start line
- Listen for and react to the "B" of the bang of the gun

At any stage the athlete is unsteady, or moves before the gun, start the whole process again.

For races over 400m,
there is no set command.

FOR MORE DETAILED INFORMATION ABOUT THE RULES AND OFFICIATING CONTACT:

- YOUR CENTRE OFFICIALS OFFICER
- YOUR CENTRE COMMITTEE
- THE LAQ WEBSITE

Little Athletics Queensland