



# ***HOW TO.....***

Hints and tips for helping your children

***TRACK***  
***- TIMING -***

A group of runners are competing in a race on a grassy field. The runners are wearing various colored athletic gear, including yellow, blue, and white. A person in a white shirt and dark shorts is standing on the left side of the field, possibly acting as a coach or official. The background shows a clear blue sky, some trees, and a few buildings. The field is marked with white lines, and the runners are spread out across it.

Today, we'll cover "how to"  
time/finish a race.

A close-up, low-angle shot of a person's legs from the knees down, wearing black leggings and black and white running shoes with red accents. They are standing on a red running track with white lane lines. The background is slightly blurred, showing more of the track and a fence in the distance.

# ***BEFORE THE RACE STARTS***

- Make sure you can see the starter
- Your timing device is on 0:00.00
- Time a place, not lane or athlete





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***THINGS TO  
REMEMBER***

# 1



**Official:**

- Start timing when you see the smoke or light

A background image showing five athletes running on a grassy field. The athletes are in various stages of their stride, and the field is marked with white lines. The background is a dense line of trees under a cloudy sky. The entire image has a reddish-pink tint, and a large white number '2' is overlaid on the right side.

# 2

## Athlete:

- Run through the line.....not to the line

# 3

**Official:**

- Stop the timing device when the torso of the athlete crosses the line





Record the time to the nearest tenth (10th) of a second.

# ***FOR MORE DETAILED INFORMATION ABOUT THE RULES AND OFFICIATING CONTACT:***

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

