



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

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“ON YOUR MARKS”

Athlete:

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





“SET”

Official:

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

A man wearing a straw hat and large yellow headphones is holding a handgun. He is wearing a white polo shirt with thin blue horizontal stripes. The background shows a blurred outdoor setting with green trees under a bright sky. The word "SET" is written in large, white, italicized, sans-serif font with a slight shadow effect, positioned in the upper right quadrant of the image.

“SET”

Official:

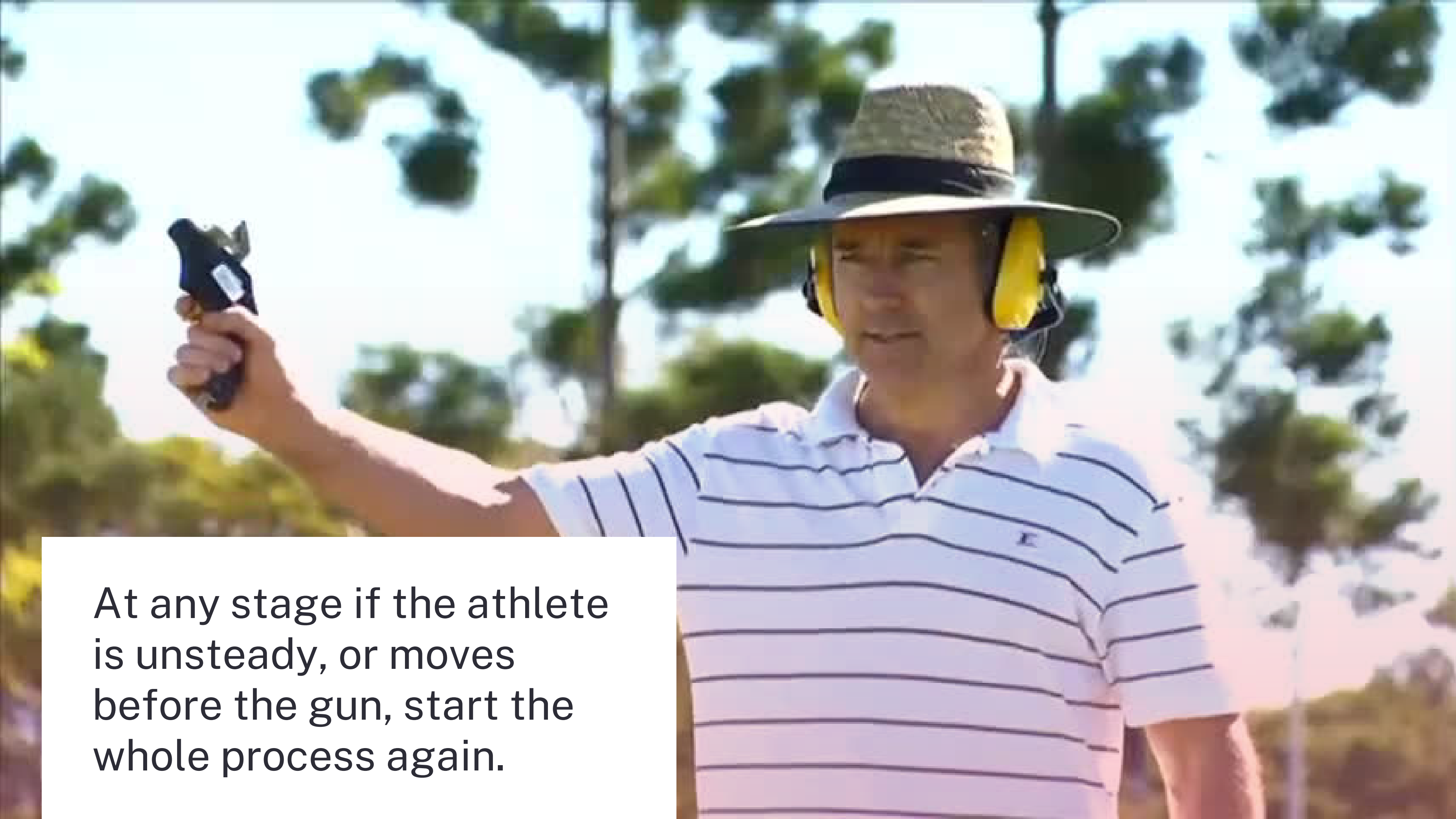
- Move your arm above your head
- Fire the gun when athletes are steady

“SET”


Athlete:

- Bends front knee and has opposite arm to opposite leg forward
- Look at 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 if 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**