

STARTER'S ASSISTANT

ROLES & RESPONSIBILITIES OF THE STARTER'S ASSISTANT

A Starter's Assistant must know the IAAF rules regarding:

- Starter's Assistants (SA)– duties
 - Call Room Judges – duties
 - Clothing, Shoes and Number Bibs
 - Starting Blocks
 - The Start
 - Relay Races / Batons
 - Seeding / Advancement
 - IAAF Advertising Regulations [found on IAAF website]
 - Local Competition Rules, if applicable
 - IPC Rules for Athletics, if applicable
- Chief Starter's Assistant Duties:

Pre-Meet Duties:

1. Meeting with:
 - ✓ Meet Director
 - ✓ Officials Coordinator
 - ✓ Tech Manager
 - ✓ Chief Photo-finish/Finish Line
 - ✓ Chief Starter
 - ✓ Announcer
 - ✓ Chief of Basket Crew, Block Crew and Hurdle Crew
 - ✓ TV person
 - ✓ S.A. and Call Room Team
2. Track Walk Through:
 - ✓ Check all start lines
 - ✓ Relay zones
 - ✓ Steeple chase run out
 - ✓ Cut-in lines
 - ✓ Check Call Room Set-up
 - ✓ Best Marshalling Routes

Day of Race Duties:

1. Pick up radio(s), schedules and start lists
2. Meet with Team
3. Assign Team Responsibilities as: Asst. Chief, lane coverage, containment, and receiving runners.
4. Radio Check to Announcer, Finish Line, Call Room
5. Equipment check – Green, Yellow/Black, Red/Black cards.

Race Duties:

1. Warm-Up Period Checks:

- Check athlete Bib Numbers as correct, athletes in correct lanes
- Advise athletes warming up as to how much time remains before track close.
- Notify Finish Line & Announcer of Changes or Scratches (**NEVER move runners into different or empty lanes or heats at major meets.**)
- Visual Check for Event Needs
 - ✓ Sprints: wind gage and operator in place?
 - ✓ Hurdles: all lanes & flights in place
 - ✓ 800m & Up: lap timer at start line
 - ✓ Steeple Chase: barriers in position & cones for run out at water jump
 - ✓ Relays: batons available, 4x4 exchange zone marked, exchanges ready
- Umpires in place?
- Finish Line & Starter Team Ready?
- Announcer contacted to make announcements

2. Close Track and “Warm-Ups Off!” Duties & Signals:

- “Track is closed!”
- “Warm-Ups Off!”
- Check hip numbers
- Blocks ready?
- Baskets removed?
- Runners on the assembly marks?
- Turn Athletes over to Starter

3. Starting Duties and Hand Signals:

- “On Your marks”: check fingers (toes for 800 & up) behind line, feet contacting blocks, at least one knee on ground.
- “Set”: all runners in a still, set position, hand signal down
- “Gun” keep track clear until race complete
- For Any Problem use a “Stand Up” signal to the starter
- False Start: Reassemble runners and show appropriate card

False Start Procedure: [may vary after meeting with Start team]:

- Starter announces lane and charge to all runners.
- Chief SA and Asst. Chief show Yellow Card (Green card if Starter deems “no false start”) to all lanes.
- 2nd False start announced, Chief SA shows red card to disqualified runner.
- Remember! Combined Events have a different false start rule.
- Flags may be used on lane marker boxes if available and time permits

4. Post Race Duties:

- Relays: collect batons
- Check for Event “take down” in progress
- Check to see that next event is setting up (e.g. hurdle crew starting, blocks being moved, starters moving)
- Team parades to next position

Positioning of Starter’s Assistants

(Based on a team of 4 SA’s)

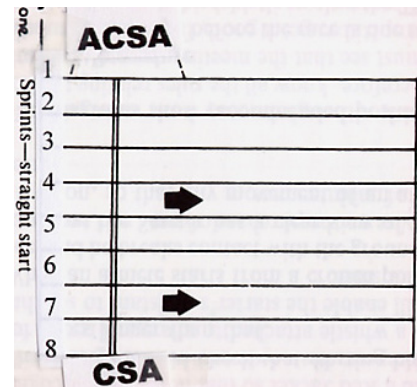
Straight Line Starts: (100m, 100m H, 110m H)

Chief: Outside of track facing Starter (1m ahead of the start line) covering lanes 5-8

Asst. Chief: Inside of track facing Chief SA sees lanes 1-4 (Step back 2 m after final signal)

S.A.: Receiving athletes at bench

S.A.: Traffic control at bench/warm-ups on back curve



Echelon Starts: (400m, 400m H, 4x1 and 4x4* relays, 800m*)

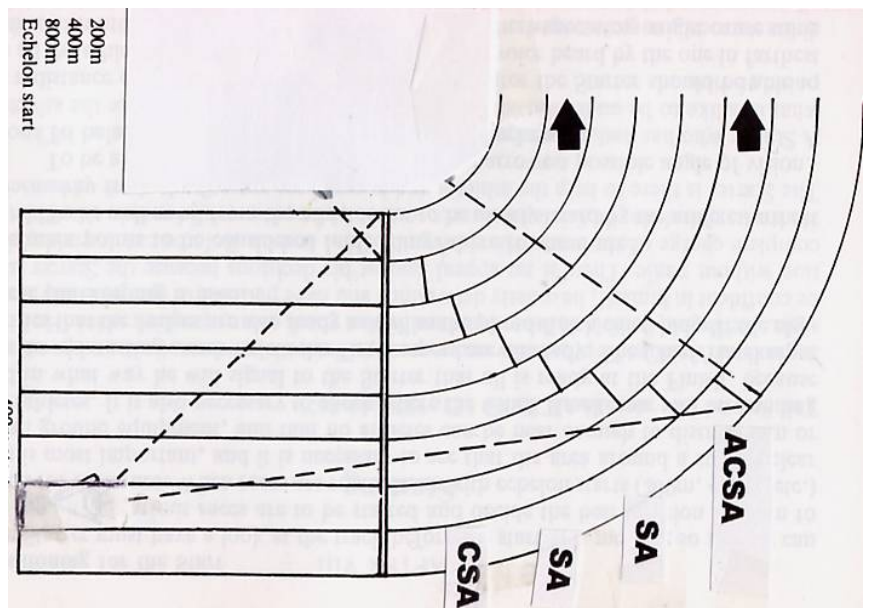
All SA’s on the outside of track.

Chief: Lanes 1&2

S.A.: Lanes 3&4

S.A.: Traffic control at bench/warm-ups on back curve

800m* will use only two SA’s, toe check only and quick SA response required
 4x 400m Relay* will require one S.A. per lane. Use recall starters to assist.
 One or two S.A.’s will control third and fourth runners at exchange area after start.



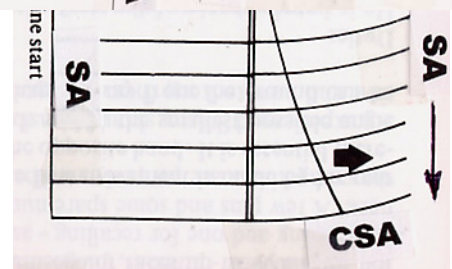
Curved Line Starts: (1000m and up)

Chief: Outside of track facing Starter (1m ahead of the start line)

Asst. Chief: Inside of track facing Chief SA (1m ahead of the start line)

S.A.: Containment ahead of line, sweeps runners warming up to start

S.A.: Containment behind start line, sweeps runners from rear to start line.



Notes on “Closing the Track”

1. 100m, 100m H, 110m H

After receiving all set signal from finish line, close track approx. 1 to 1.5 minutes (timing may vary if announcements use both English and French) before scheduled start time to allow for introductions. Walk to the center of the track standing at least 10m in front of the start line in lanes 4-5. Signal for “track closed” followed by “warm-ups off” (1) at close of track in warm weather, or (2) when intros are at lane 4 in cold weather. When all athletes have shown they are following your instructions, exit the track taking the same route as entering to stay out of TV camera range. When intros completed and athletes standing behind blocks then turn over to starter by hand signal.

2. 200m, 400m, 800m*, 4x100m, 4x400m

After receiving all set signal from finish line, close track approx. 1 to 1.5 minutes before scheduled start time to allow for introductions. Chief moves to the center of the track even with the lane 4 start line giving the “track closed” followed by “warm-ups off” signal. At the same time the Asst. Chief moves to the center of the track even with the lane 8 start line and echo the signals given by the Chief to ensure that all lanes comply with the instructions. When all athletes have shown they are following your instructions, exit the track taking the same route as entering to stay out of TV camera range. When intros completed and athletes standing behind blocks then turn over to starter by hand signal.

*Note: For the 800m there are no blocks and one person can close the track.

3. 1500m and up

After receiving all set signal from finish line, close track approx. 1 minute before scheduled start time. Call for warm-ups off and line athletes up 3 metres (assembly line) behind the start line. (It is helpful to ask them to line up in order of Hip Number.) Announcements then can be made while runners are on the line. (If weather is cold, line them up for announcements, then have them remove their warm-ups and return to their positions on the assembly line.) Chief or Asst. closes the track from the center lanes while the other S.A.’s are in the containment positions.

Volunteer Crews on the Track:

1. Block and Lane Marker Box Crew:

- 4 to 8 people
- Lane markers 4m back of each start line
- Blocks on the start line for each lane race (except 800m)
- 400m - Remove blocks and lane markers after each start at least lanes 1-4

2. Clothing Basket Crew:

- 8 people
- Lane Races: Baskets at lane marker - on top or behind
- Non-lane Races: Line the baskets up along the outside edge of lane 8 about 5m behind the start line.
- Remove the baskets as soon after track closure as possible. Must be removed before turning over the race to the starter.

3. Hurdle Crew:

- 4 -8 people
- Set up hurdle flights 1 and 2 first so that athletes can begin warm up immediately. Steeplechase hurdles are included in the hurdle crew duties