

A Dual Meet In The Life ...

Of the Starter / Referee



YAIAA Officials Chapter Meeting 3/11/2023

What we're going to talk about

The agenda

- Starter's equipment
- Pre-meet
- Running the meet
- Post-meet



Starter's Equipment

Uniform

- As starter you must be visible to the timers at the finish line
- Orange sleeve
- Orange polo
- Orange cap
- Orange jacket(s)



Starter's Equipment

What's in the bag and why you need it

- Coin
- Whistle
- Note pad and pen
- Gun, holster, shells
- Hand towel
- Ear protection
- Race card
- Cones
- Bell
- Tape measure
- White flag (perhaps)
- Gun cleaning kit
- Spare gun (perhaps)
- YAIAA By-laws
- Meet Conditions
- Rule Book



Starter's Equipment

A closer look at the Race Card

- Guides you thru the meet
- Helps determine lane assignments
- Shows approximate time schedule
- Lists hurdle heights
- Delay between races is the death of a good meet

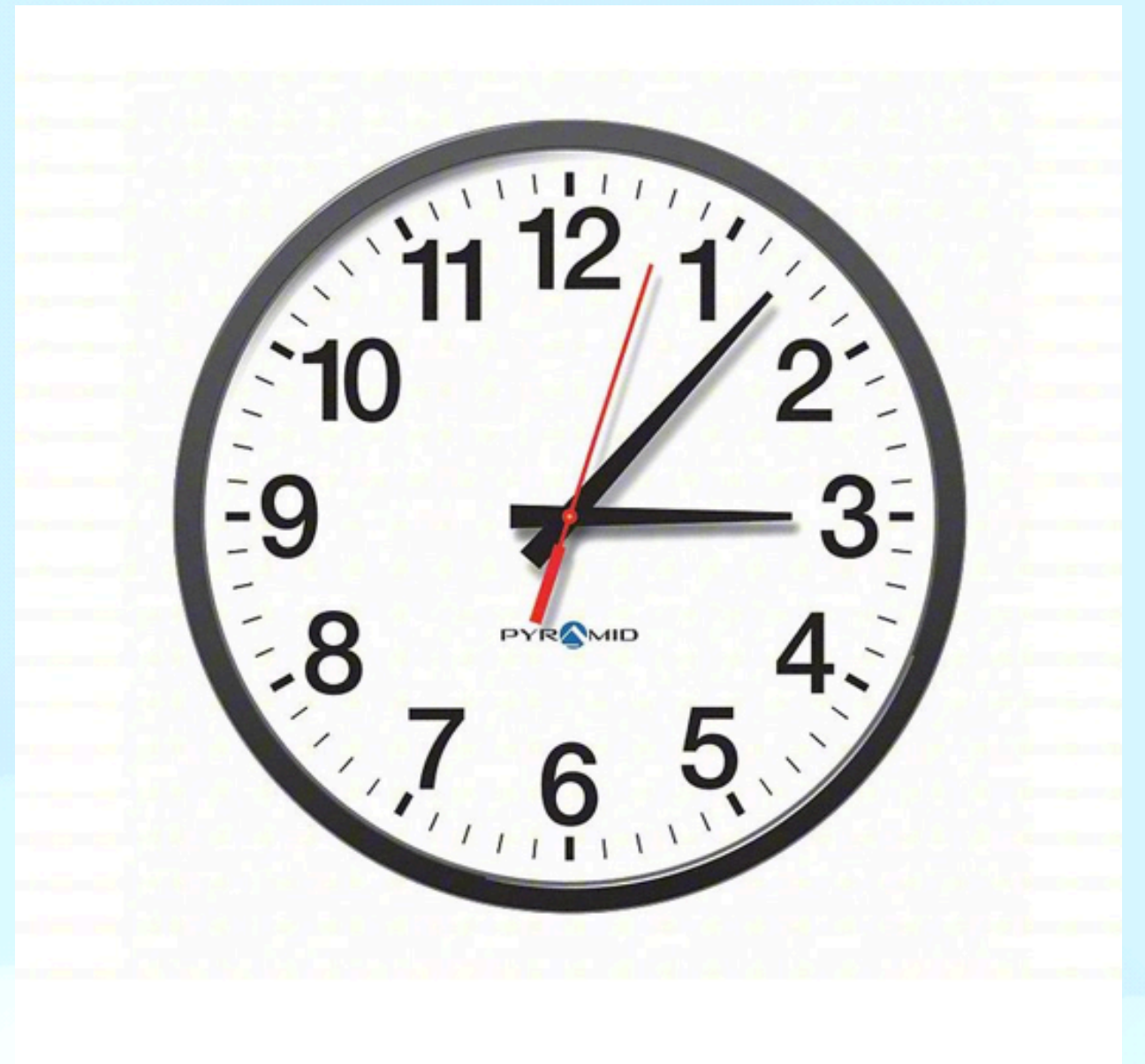
A handwritten race card on lined paper, listing 11 events and their approximate start times. The events are numbered 1 through 11. The start times range from 4:00 to 6:20. The card is written in black ink on a light-colored background.

1 - 3200 RELAY	4:00
2 - 110/100 HURDLES (39"/33")	4:20
3 - 100	4:35
4 - 1600	4:45
5 - 400 RELAY	5:05
6 - 400	5:15
7 - 300 HURDLES (36"/30")	5:25
8 - 800	5:40
9 - 200	5:50
10 - 3200 (BOYS/GIRLS)	6:00
11 - 1600 RELAY	6:20

Pre-meet

Arrive early and prepare for success:

- Ensure safety around the entire track
- Place cones around the turns and at the break line
- Confirm track markings; start lines (5), relay zones (4x100, 4x400, 4x800), alleys, break line, hurdle placement (110, 100, 300)
- Check the hurdles for proper height and placement (110HH)



**Safety
around the
track...**



**Safety
around the
track...**



**No cones
delimiting
Lane 1...**



**Cones in
place...**



**Break Line
(Green)**



**Boys 110H
Starting
Line**

(White)...

**Beware of
York High
Smalls
Athletic
Field**



100 Starting Line (White)



**Finish Line
(White)**

**Starting
Lines:**

400

800

1600

3200

4x400



**400 Meter
(White, 2-Turn Stagger)**



**4x400 Meter Relay
(Blue, 3-Turn Stagger)**

**Rule 5-3
Art. 2:**

**An alley
combines
two or
more
adjoining
lanes...**



**Hurdle
Locations:**

**110HH
Blue**

**100HH
Yellow**

**300 LH/IH
White**



**800 Meter
Start Line**

**Does your
track have
it?**

**Are you
using it?**



Pre-meet

Meet, greet, and have a meaningful conversation with:

- Athletic Director (or Game Manager)
- Meet Announcer
- Finish Line Judges
- Umpires
- Field Officials
- Head Coaches
- Facilitate the Coaches and Captains meeting



Pre-meet

Conversation with Finish Line Judges and Umpires

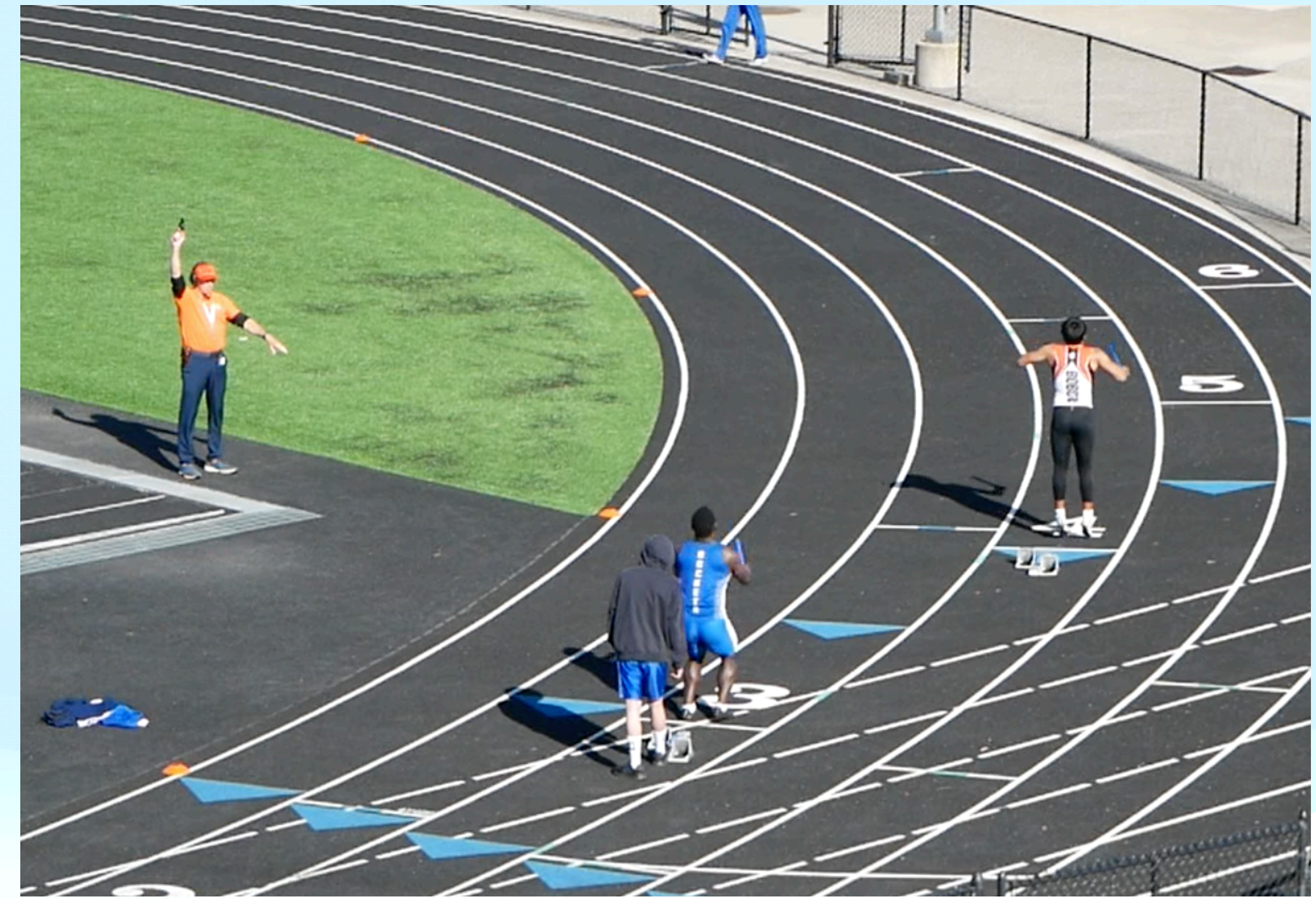
- Agree on signaling to start each race (finish line, exchange zones)
- 4 x 100 Exchange Zones (track markings)
- Rule 5-10 Relays, Articles 6 & 7 (passing the baton)
- As 4 x 100 Umpire, insure the outgoing runner is properly positioned within the exchange zone before the race begins
- Focus on possible violations within or at the end of the zone



Running the Meet

For every race:

- Call athletes on the track and make lane assignments
- Observe for uniform and relay requirements
- Allow time for blocks to be set and run-outs
- Provide instruction (generally less is better, consider the experience level of the runners), answer questions
- Confirm timers are ready
- **START THE RACE**
- Observe
- Reload the gun



Running the Meet

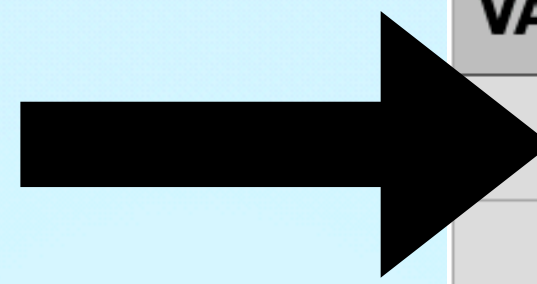
Rule 5-7, What to observe....

- ART.4 ... Starting violations..., DQ
- ART.5 ... An unfair start, Recall
- ART.6 ... A fall in the first 100 meters when not in lanes, Recall
- During the race:
 - Observe for interference or lane violations
 - Count and announce laps
 - Signal last lap of individual races of two laps or more



Running the Meet

3200 Relay



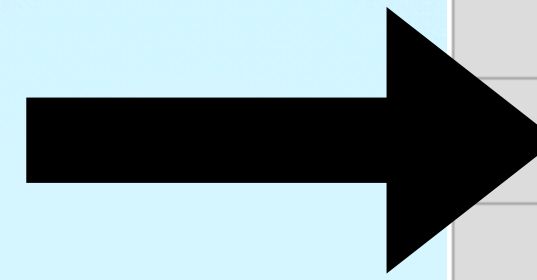
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10 -	3200 (BOYS / GIRLS)	6:00
11 -	1600 RELAY	6:20

- Possibly boys and girls
- Each team must have 4 runners and a baton
- Curved waterfall start line
- Line up 3 meters behind the line
- Cut to the inside without interference, don't run on the inside line
- "On your marks" come forward to the line, don't step on it
- When everyone is steady, "The gun"
- Call relay runners on the track and monitor exchange zone

Running the Meet

110 HH (Boys)

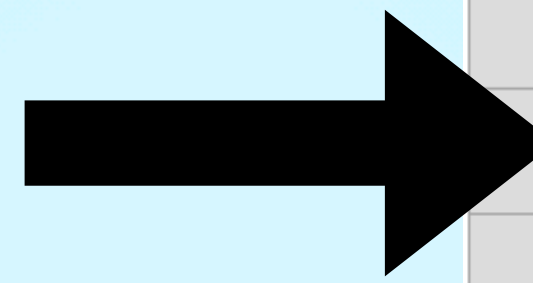
- Have Meet Announcer call lane assignments
- Check hurdles (10, blue marks, 36")
- "On your marks", "Set", "The gun"
- Signal hurdle crew following last heat



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Running the Meet

100 HH (Girls), 100

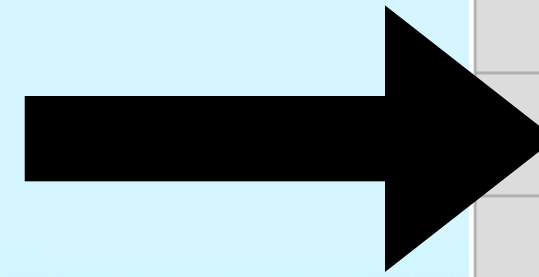


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11 -	1600 RELAY	6:20

- Check hurdles (10, yellow marks, 33")
- Run 100 HH
- Signal hurdle crew following last heat of 100 HH
- Run 100M
- Following last heat of 100M ensure all blocks are removed from the track and moved to the Finish Line area

Running the Meet

1600, 400 Relay, 400



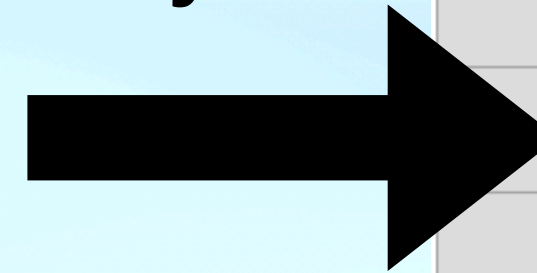
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- Races begin and end at the Start / Finish Line
- 400 Relay and 400 are run entirely in lanes
- 400 Relay
 - Review relay instructions 1 time with both boys and girls
 - Send relay runners to their exchange zones knowing their assigned lanes
 - Confirm each Exchange Zone is ready
 - Remove starting blocks after each start for safety
- 400 may use blocks or standing start (doesn't change starting commands)

Running the Meet

300M IH, LH

- Check hurdles (8, white marks, 36" boys, 30" girls)
- Run the race
- Have starting blocks moved to 200M start line



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Running the Meet

800, 200, 3200... nothing new



Pre-race instruction



“Step back 3 meters” (the wrong way)

Running the Meet

Starting the 3200

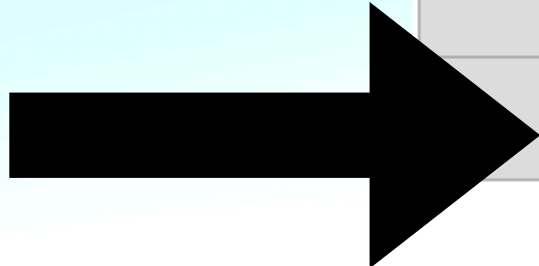


“Step back 3 meters” (the right way), “On your marks”, The Gun

Running the Meet

1600 Relay, 3-Turn Stagger

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- I prefer lanes 3 and 4 for the scoring teams
- 1st runner, staggered start, stay in lane entire lap (2-turns)
- 2nd runner, staggered exchange, in lane to break line (3rd-turn)
- 3rd and 4th runners on the inside of the track

Post-meet

Scoring: confirm accuracy, sign, date & time

Spring Grove				Boys	Girls	vs				Visitor _____					
Ev.	Track			Event Score		Runing Score		Ev.	Field			Event Score		Runing Score	
	Athlete	Team	Perf.	SG	A	SG	A		Athlete	Team	Perf.	SG	A	SG	A
3200 R	1							LJ	1						
									2						
										3					
100/110 H	1							TJ	1						
									2						
										3					
100	1							HJ	1						
									2						
										3					
1600	1							PV	1						
									2						
										3					
400 R	1							Jav	1						
									2						
										3					
400	1							Shot	1						
									2						
										3					
300 IH	1							Disc	1						
									2						
										3					
800	1														
200	1														
3200	1														
1600 R	1														

Spring Grove		Visitor _____	
Track		Track	
Field		Field	
Total		Total	

Official:	
Date:	

What we talked about

- Starter's equipment
- Pre-meet
- Running the meet
- Post-meet
- Questions

