



Officiating Track Events





Officiating Track & Field

General Officiating Principles

- Promote “Athlete Centered” Philosophy:
Fair • Objective • Impartial
- Positive Approach—Preventive Officiating
- Exhibit Professionalism at All Times
- “Officiate” Don’t “Coach”

***“No athlete should be allowed
to gain an unfair advantage,
nor suffer an unfair disadvantage.”***



Officiating Track & Field

An Effective Official...

- Knows the Rules—review the rule(s) for the event(s) you will be officiating
- Is Aware of the Surroundings—keep the competition area SAFE!
- Is Firm AND Consistent—during the meet and throughout the season
- Is Impartial—don't show favoritism
- Stays Calm and Composed—never let them see you sweat
- Always wears the official NHTOA uniform (NHIAA sanctioned/ NHTOA assigned meets only)

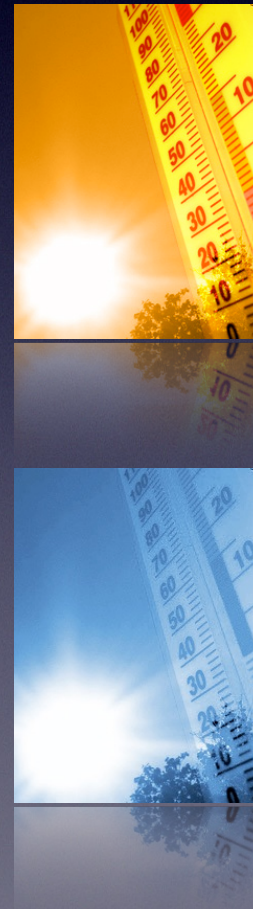
***“If you can leave the meet unnoticed,
you have done your job.”***



Officiating Track & Field

An Effective Official Is Prepared

- Hot Weather...
 - Sunscreen
 - Hat
 - Water / Cool Drink
- Cold Weather...
 - Jacket
 - Gloves
 - Hat
 - Water / Warm Drink





Officiating A Track Meet

General Guidelines

- Pre-meet
 - Arrive Early—1/2 hour to 1 hour before meet time
 - Know the Facility—do a walk-around; know where field events will be held
 - Inspect All Venues
 - Are they safe?—dry; free of debris
 - Do they have proper equipment?—pole vault and high jump pits and standards; discus cage
 - Do they have the proper markings?—familiarize yourself with the track lanes; exchange and acceleration zones; start and finish lines for all races; take-off boards for long and triple jumps
 - Are the throwing sectors marked properly?
 - 34.92° for shot and discus; 28.96° for javelin



Officiating A Track Meet

General Guidelines

- Pre-meet (continued)
 - Meet with coaches (and team captains)
 - Confirm your meet assignment and who/how many helpers you'll have
 - Review any concerns or special circumstances
 - Remind of uniform rule



Officiating Track Events

Know the Facility

- Arrive Early
 - Know the Markings
 - Starting Lines (100m & 110m high hurdles, 100m dash, 200m dash, 300m intermediate hurdles, 400m dash, 800m run, 1600m run, 3200m run, relays)
 - Exchange Zones – 30m for zones 1, 2, 3 of the 4 x 100m (no acceleration zone); 20m for 4 x 400m and 4 x 800m
 - Hurdle Placements
 - Girls 100 HH and Boys 110 HH—10 hurdles
 - Girls and Boys 300 IH—8 hurdles
 - Break Line (if being used)
 - Finish Line



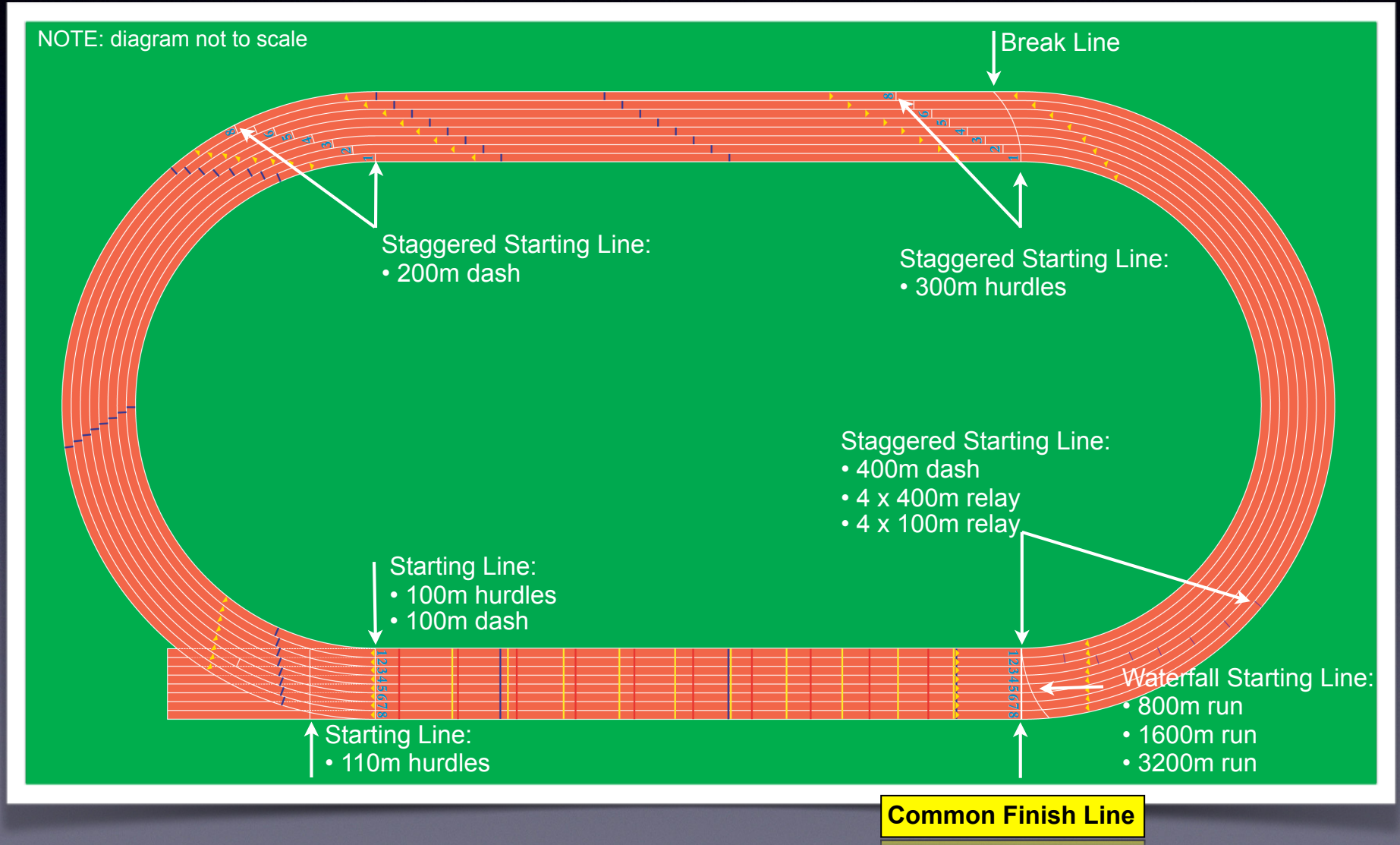
Officiating Track Events

Order of Running Events (typical one session meet)

- 4x800m Relay (optional)
- 100m / 110m High Hurdles
- 100m Dash
- 1600m Run
- 4x100m Relay
- 400m Dash
- 300m Intermediate Hurdles
- 800m Run
- 200m Dash
- 3200m Run
- 4x400m Relay

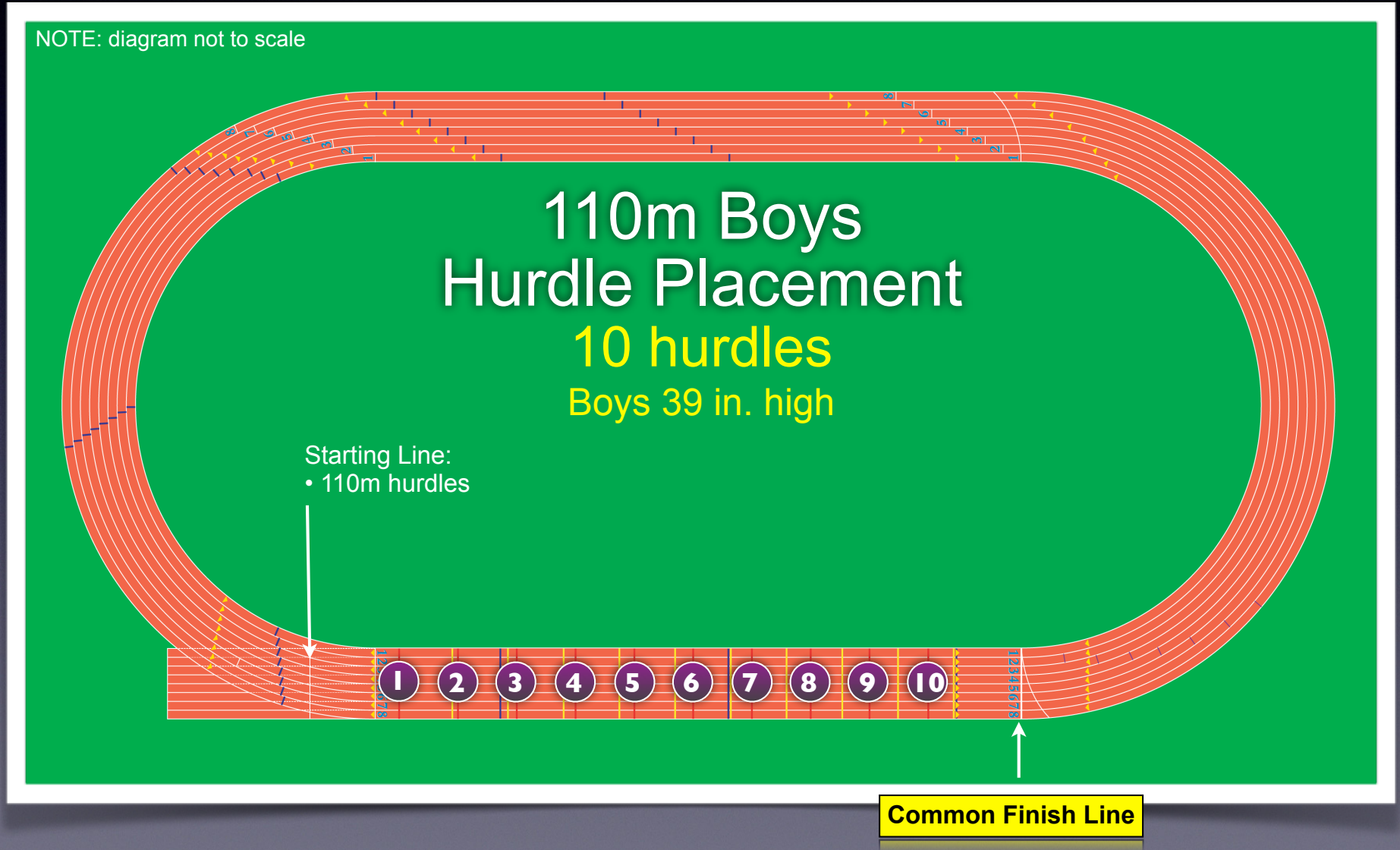


Officiating Track Events



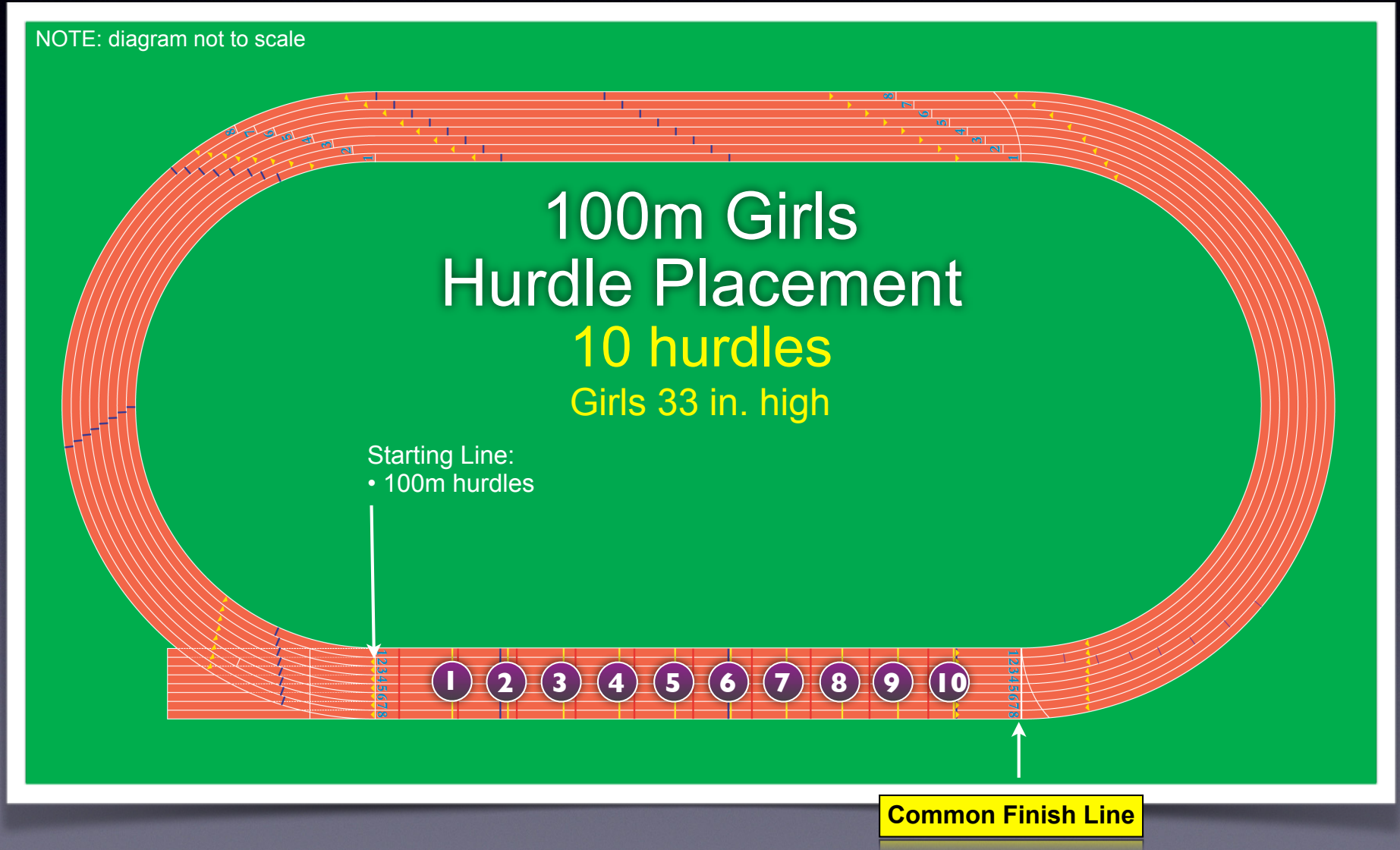


Officiating Track Events



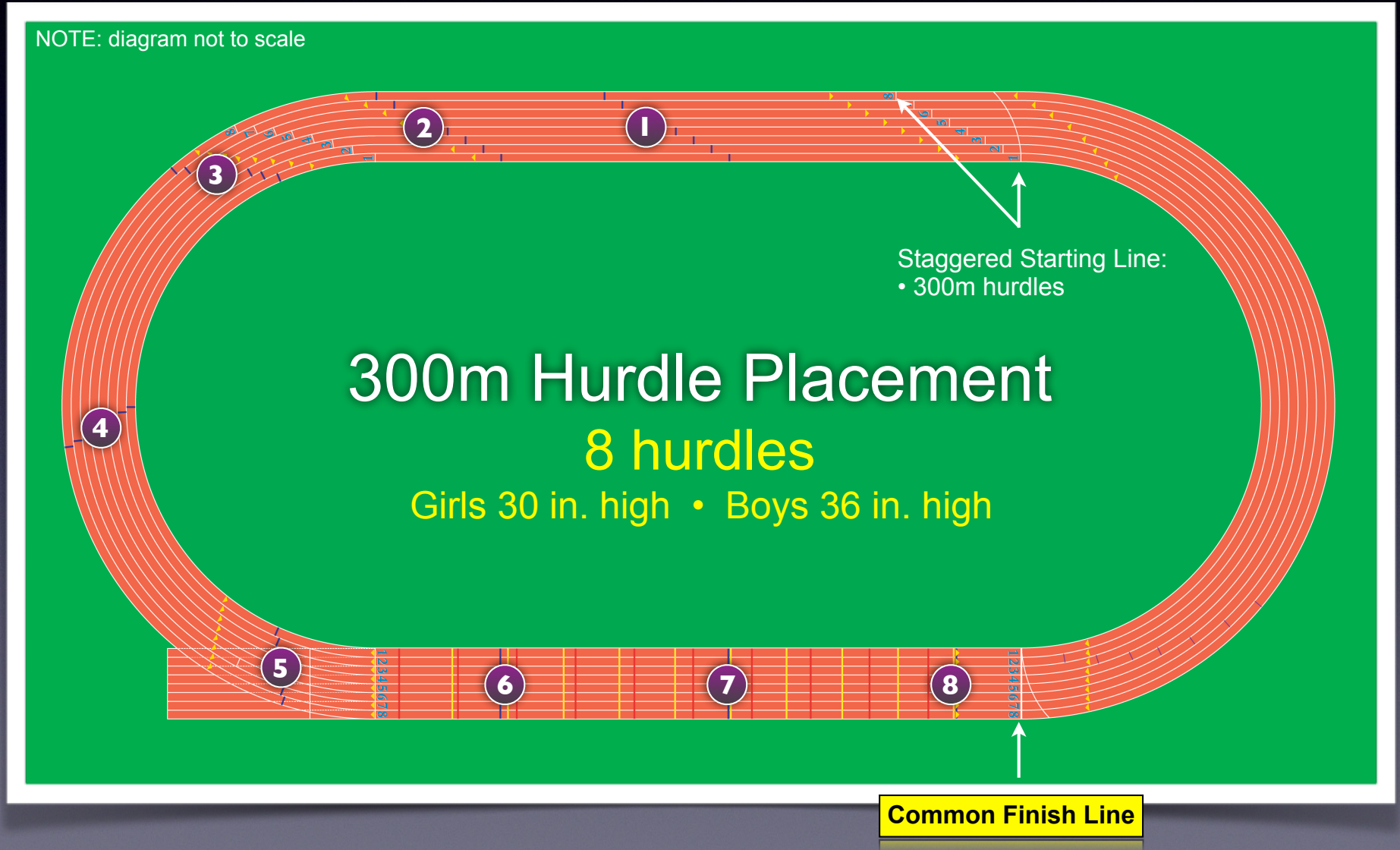


Officiating Track Events





Officiating Track Events





Officiating Track Events

