



Officiating Track Events





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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 longer an 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



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Order of Running Events (typical one session meet)
Most schools run girls then boys for running events

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



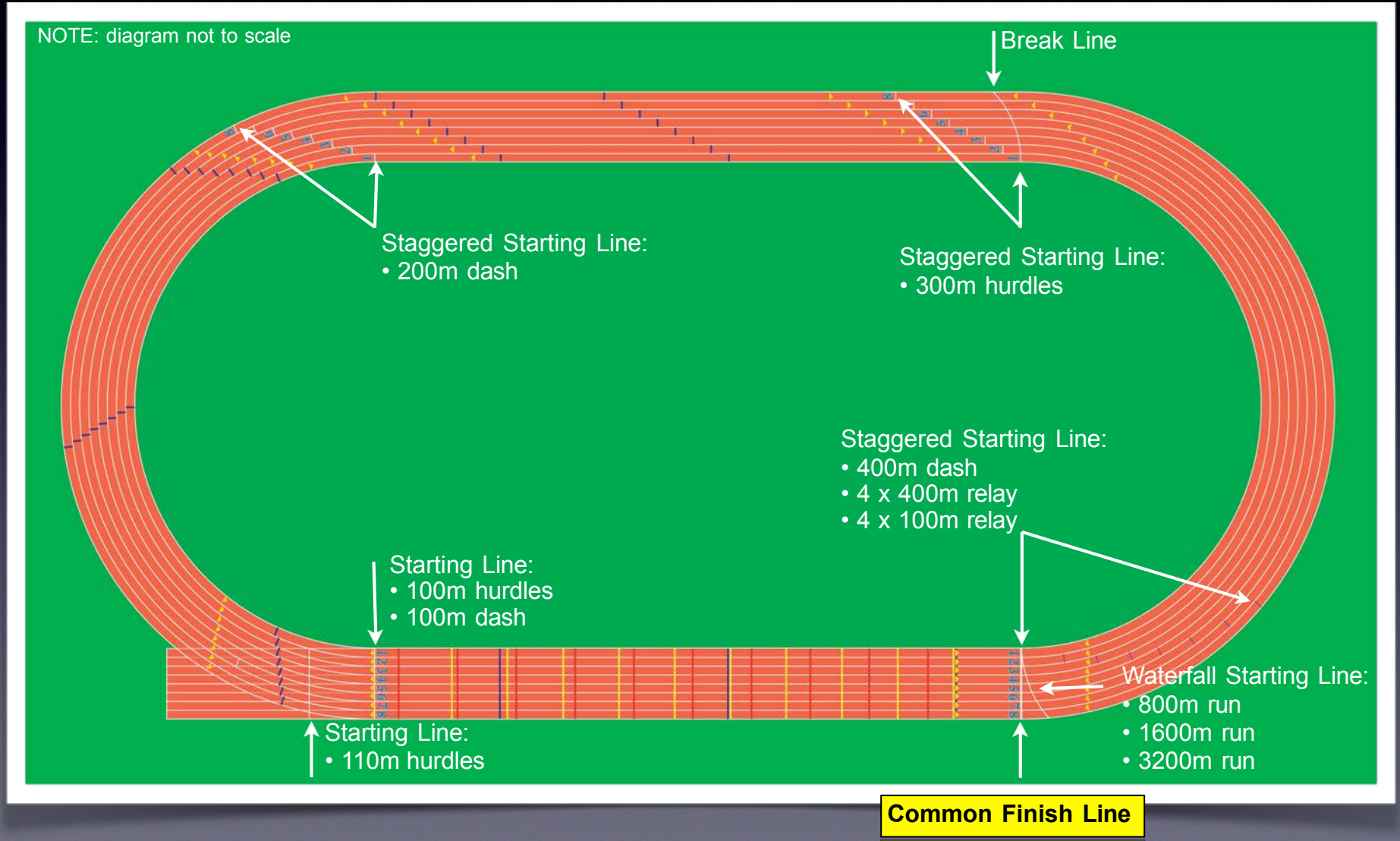
Officiating Track & Field

Starting Commands (outdoor track & field)

- **Starting commands for races and relay legs of 400m and less**
 - **On your marks:** runners should get down into their starting blocks and be still
 - **Set:** runners should come up to the set position and remain still (starter should hold the runners for approximately 2 seconds before firing the gun)
 - **Fire the gun:** if a fair start, let them run; if there is a false start or an unfair start, fire off a second (or more) shots to recall the runners
- **Starting commands for races and relay legs of 800m or more**
 - Runners should line up in order and step back from the starting line approximately 2m and be still
 - **On your marks:** runners can step up to the starting line (not over or on it) and be still
 - **Fire the gun** (when all runners are still and at the line)
 - If any jostling causes someone to fall within the first 50m, fire the gun again and recall the runners to the starting line and repeat the process

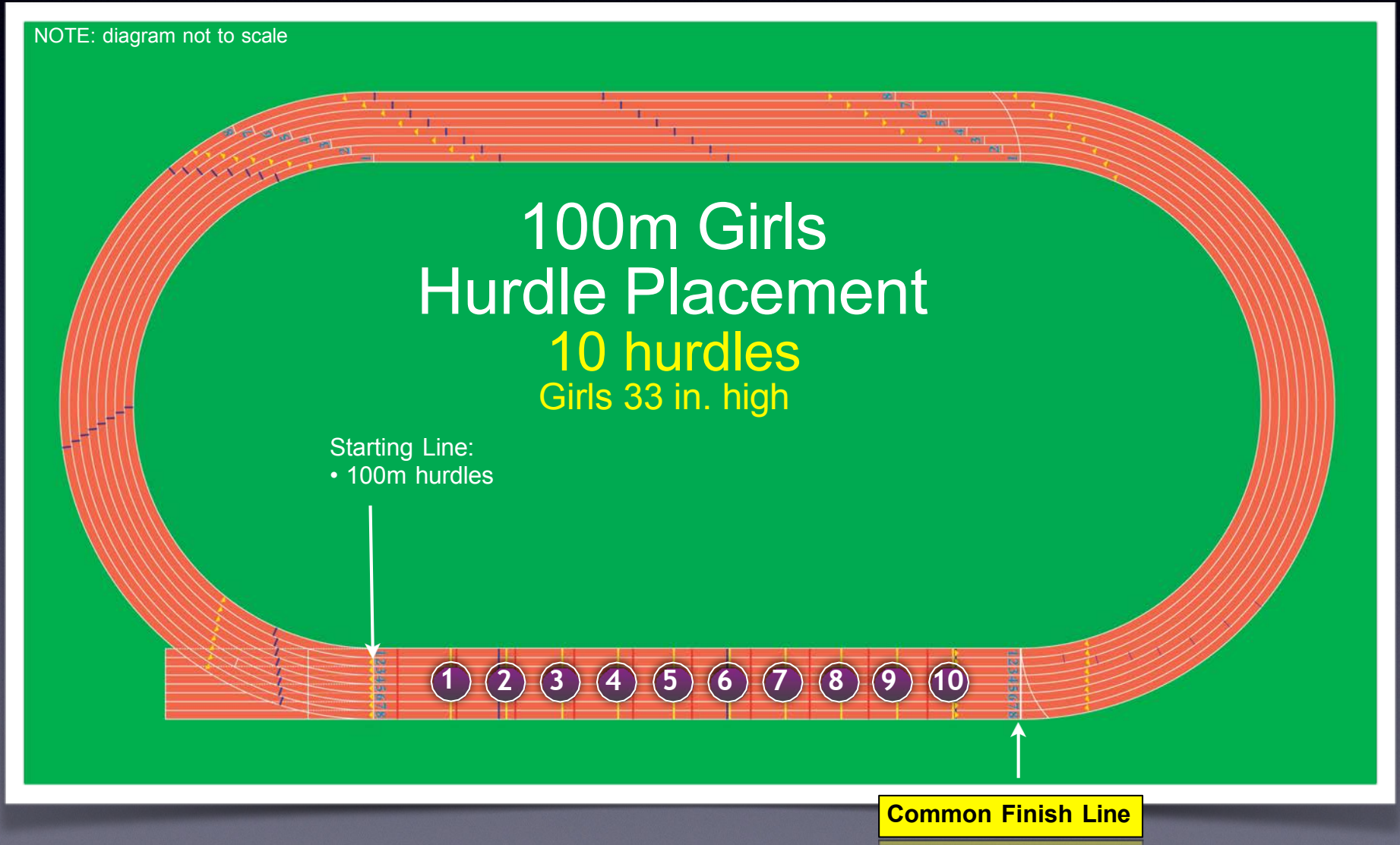


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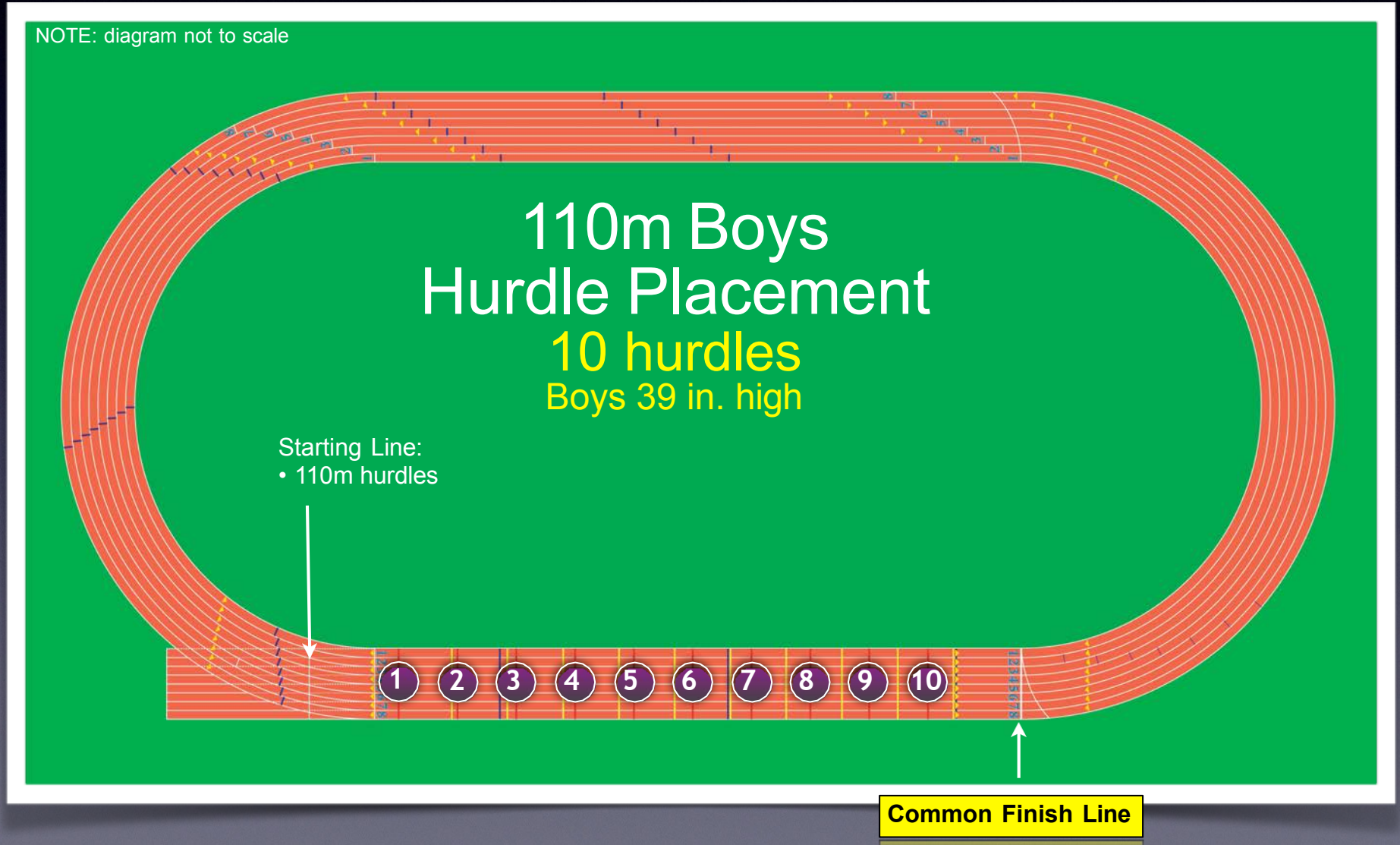


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