

HURDLE STEWARD

At least 30 minutes prior to running events:

- Set all hurdles to 33" (second from bottom).
- Position hurdles in groupings of 10 by each yellow hurdle mark on the concrete outside of track
where available and on the infield where no concrete.
- Any extra hurdles may be left on the infield towards the gym end of track
to be used for practice hurdles.

Hurdle logistics crew should be gathered when the 800m races begin. (Have announcer request with a meeting location.)

At completion of the 800m races:

- Hurdles should be set into lanes 1 - 8 on the yellow marks, 10 hurdles each lane.
- Hurdles set to 33" for girls race. (second from bottom)
- After each heat is run check that hurdles are correctly positioned

At completion of 100mH girl's races:

- Move hurdles to the blue marks and raised to 39" for 110mH boy's races

At completion of boy's races position hurdles for the 300mH and set to 30" for girl's race.

At completion of the 400m races:

- Set hurdles into lanes 1 - 8 on the red marks for the 300mH race, 8 per lane
- Set to 30" for girls (lowest setting).

After girl's races:

- Raise hurdles to 36" for boy's races

At completion of boy's races

- clear hurdles from track beginning with area inside the 200m race
- Then remove those at the start of the 300mH race
- Gather all hurdles into groupings of 5 or 6 around the track

STARTING BLOCKS

- Blocks available at start/finish line for the 4x100 relay
- Keep a couple at start for 800 races
- After 4x100 take block cart to the 100m start area
- After 100m races blocks are to be moved back to the start/finish line for

4x200 relay

400m

- Blocks move to the 300mH start
- Blocks move to the 200m start
- Blocks move to the start/finish line for the 4x400m relay

CURB AND EXCHANGE JUDGES

Flag if violation and report to the head judge and they should make a ruling then report to meet director

- stepping off track for three or more consecutive steps with one or both feet is a violation

3200 race - watch both curbs and excessive shoving or tripping.

4x100 relay exchanges

800m race - guide at break in point (after first 100 m), watch both curbs and excessive shoving or tripping.

100m Hurdle races – watch for serious hurdle interferences, runners must stay in lanes

Does not attempt to clear hurdle

Knocks down hurdle by hand

Advances past hurdle along the side or below the height of the hurdle

Goes over hurdle not in assigned lane

Runs around a hurdle

Impedes another competitor

100m races – must stay in lanes

4x200 relay exchanges

400m races – watch both curbs, runners must stay in lanes

300H races - watch for serious hurdle interferences, runners must stay in lanes (see above hurdle rules)

200m races – stay in lanes, watch the curb

1600m races – watch for stepping out of track on each turn and excessive shoving or tripping.

4x400 relay – first runner stays in lane, second runner breaks in after 100m, first and second runners have staggered start positions, watch for interferences

RELAYS

4x100 exchanges are **Yellow**

4x200 exchanges are, exchange 1 **Red**, exchange 2 **Red**, exchange 3 **Yellow**

4x400 exchange is **Blue**

Help the athletes if necessary to know which zone is for their relay

Must be waiting inside the international mark, acceleration zone

Can be inside the handoff zone

As long as the baton is entirely within the exchange zone when the pass is completed, the exchange is legal in regard to the passing of the baton.

What to watch for legal handoff

- Watch that handoff begins and is completed within the handoff zone
- Must stay in their lanes
- Dropped Baton

If baton is dropped must be retrieved without interference of other runners

If dropped inside exchange zone either competitor may retrieve

If dropped outside exchange zone the one who dropped must retrieve it

- Incoming competitors may not assist teammates by pushing them
- After a handoff exchange

Runners must remain in their lanes until the track is clear

- At completion of the race

Baton may not be thrown, disqualification of the relay team occurs

STARTER

The starter shall have full responsibility for the competitors on the starting line.

The starter and assistant starter(s) shall decide, without protest, whether a start is fair and legal, and which competitor(s) shall be charged with false start.

The starter or other official designated by the starter, shall give a signal at the beginning of the last lap in each individual race of three laps or more. (1600, 3200)

The starter shall receive a whistle or white flag signal from the head finish judge that the judges and timers are ready.

The assistant starter(s) or recall judge may stop and recall competitors if there is an unfair start or a spill during the first 100m due to contact with another competitor.

The starting command for individual races, or opening relay legs of 800 meters or more outdoors and 600 meters or more indoors shall be to instruct all competitors to take a position three meters behind the starting line or dashed arc behind the line. With the command "On your marks" all competitors will step to the starting line without delay. When all competitors are steady, the starter shall fire the starting device.

The starting commands for races or opening relay legs of less than 800 meters outdoors shall be: "On your marks." At this signal, the competitors will immediately take their positions behind their starting lines. After they have taken their positions and are steady on their marks, the starter shall instruct them "Set." At this command, all competitors shall at once, and without delay, assume their full and final set position in such a manner that no part of their person touches on or over the starting line. When all competitors are set and motionless, the starter shall fire the starting device. The interval between the set command and the firing of the starting device is usually one to two seconds. After the starter gives the order "Set," if any competitor is in motion, the starter shall not fire the starting device.

Assistant starter is very useful during staggered starts and distance races at the first turn watching for spills.

Starting violations which constitute a false start include:

Failure to comply with the starter's commands.

Having any part of the body in contact with the starting line or running surface beyond the line, when the starting device is fired.

Failure to remain motionless after assuming the set position prior to the starting device being fired.

Starting blocks have to be placed within the respective competitor's lane.

For an unfair start, the starter or assistant starter shall recall the contestants by firing the starting device.

If blocks are slipping, the starter may authorize an attendant to hold or support the block.

ANNOUNCER

1st call for events takes place 15 minutes prior to race/event

2nd call takes place 10 minutes prior

3rd and final call takes place 5 minutes prior to start

Prior to heats being run announce school name in which lane, (lane 1 Allen Academy, lane 2, Mt. Carmel, lane 3 is empty...)

Announce final results as they become available

Can play music during field events and between races