



TRACK ATTACK 2016

COMPETITION RULES AND JOB DESCRIPTIONS

TABLE OF CONTENTS

Page 1	Marshalling – Infield Starts – Infield
Page 2	Marshalling – Oval Starts – Oval
Page 3	Finish Line – Infield
Page 4-5	Finish Line – Oval
Page 5	Relays
Page 6	Horizontal Jumps
Page 7-8	High Jump
Page 9	Shot Put



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MARSHALLING - INFIELD

- Keep the track events running on time!
- Marshalls work with starters and starters assistants
- Marshalls meet the athletes at the marshalling area, lines them up in their heats and then hands them over to the starter and starter's assistant.
- Marshalls keep the meet moving (as soon as one heat is done, the next is on the track immediately).
- Request the announcer make announcements for specific athletes and age groups to report for marshalling. Meet Directors assist with this.

JOB ALLOCATIONS

- 2-3 people organize athletes into lanes and lines
- 1-2 people work their way through each line collecting athlete stickers and creating heat sheets.
- 1 "runner" to communicate with Announcer on when to call next age category.

ADDITIONAL NOTES

- 60m and 60m Hurdles marshal at the south west corner of the infield near where Shot Put is held (note Shot Put will not be running when the 60m events are taking place)
- Marshall takes the sticker from the athlete and creates the heat. Lanes 2-9 are used
- Athletes sit down lined up in their heats and wait for their turn

STARTING – INFIELD

JOB ALLOCATIONS

- 1 person – starter, starts the race!
- 1-2 people – starter's assistant, review race commands and general starting instructions with the athletes.

ADDITIONAL NOTES

- Once a heat of athletes are marshalled and ready to go, they will be "handed over" to the starters. The starter then is in charge of the competitors.
- Starter must have a clear view of all lanes prior to starting a race.
- Remind the athletes that they must remain in their lanes for the entire race (60m; 60mh) and return to the finish line at the completion of the race. They will be dismissed by the finish line judges.
- Commands for 60m, 60mHurdles - "on your mark, set, go"
- If a competitor disturbs another competitor they may be charged a false start.
- Recall races where there was not a fair start by firing a second shot of the starting gun.
- False Start: In school meets in Manitoba, if a competitor false starts, the whole field is charged. Any competitor (s) making further false starts in the race will be disqualified.
- Competitors cannot touch the start line with his/her hands or feet.



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MARSHALLING - OVAL

- Keep the track events running on time!
- Marshalls work with starters and starters assistants
- Marshalls meet the athletes at the marshalling area, lines them up in their heats and then hands them over to the starter and starter's assistant.
- Marshalls keep the meet moving (as soon as one heat is done, the next is on the track immediately).
- Request the announcer make announcements for specific athletes and age groups to report for marshalling.

JOB ALLOCATIONS

- 2-3 people organize athletes into lanes and lines
- 1-2 people work their way through each line collecting athlete stickers and creating heat sheets.
- 1 "runner" to communicate with Announcer on when to call next age category.

ADDITIONAL NOTES

- Oval events Marshall at the north end D
- Athletes are placed in heats (8-12 athletes in a heat depending on event and age group).
- Athletes sit down in their heats and wait to be brought to the oval by the starter
- Stickers are not taken until the athletes finish

STARTING - OVAL

JOB ALLOCATIONS

- 1 person – starter, starts the race!
- 1-2 people – starter's assistant, review race commands and general starting instructions with the athletes.

ADDITIONAL NOTES

- Once a heat of athletes are marshalled and ready to go, they will be "handed over" to the starter. The starter then is in charge of the competitors.
- Starter must have a clear view of all lanes prior to starting a race.
- Remind the athletes that the commands for 200m, 300m and relays – "on your mark, set, go" and that for 800m, 1200m – "on your mark", "gun fires" (i.e. For races over 300m there is no "set" command).
- 200m, 800m, 300m, 1200m; these events use a waterfall start, athletes must be instructed to move to lane 1 safely and pass on the outside only
- Recall races where there was not a fair start by firing a second shot of the starting gun.
- Make sure to recall a race (over 400m) when an athlete stumbles in the first 3-10m.
- False Start: In school meets in Manitoba, if a competitor false starts, the whole field is charged. Any competitor (s) making further false starts in the race will be disqualified.
- If a competitor disturbs another competitor they may be charged a false start.
- Competitors cannot touch the start line with his/her hands or feet.
- Curved/Waterfall Starts—are used for races over 800m and runners cut down when safe to do so.



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FINISH LINE - INFIELD

JOB ALLOCATIONS

- Head Judge – manages the finish line, record finish order on sheets
- Judges – watch finish order of athletes (by lane)

ADDITIONAL NOTES

- Athletes will be in lanes 2-9
- Assign specific lane to each volunteer to catch the finish place of the athlete.
- Athletes should be asked to come back and stand in their lanes to assist in the placing assignment
- Priority is to at the very least confirm the top 3 finishing athletes (lanes).
- Watch the full race carefully! If an athlete changes lanes throughout the race indicate this on the sheet as well. (ex: they start in lane 3 but finish in lane 4)



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FINISH LINE - OVAL

JOB ALLOCATIONS

- Head Judge – manages the finish line, assigns jobs to others, manages the main lap counter & rings the bell during distance events
- Timers – operates the printer watches
- Judges – counts laps and/or records finish order
- Finish Chute – lines the athletes up in the finish order, collects the stickers from the athletes and place the stickers on the heat sheet in the correct finish order.
- The printer watch print out is then stapled to the heat sheet and taken to results,
- The finish chute needs a person to manage the chute and run the results over to the results table). The times are written in afterwards by the results volunteer.

ADDITIONAL NOTES

HEAD FINISH LINE JUDGE

Responsible for entire finish line area including timing crew. Must ensure the following items are taken care of:

- Timing crew volunteers are ready for each race and that watches are cleared
- Finish line sheets are accounted for and athletes are aware of how many laps remain in a race. (Bell Lap)
- In the relays, the head finish line judge will need to track the finishing order.
- Order of finish must be indicated on the finish line sheet.
- Timing tape needs to be stapled to the finish line sheet.
- Keep your eye on lead runner – change the lap counter when the lead athlete hits the last straight away coming toward the finish line, bell is rung with one lap to go.

LAP COUNTING (and Lapping)

- Lapping occurs when lead runners pass other athletes in the race (1 lap behind).
- Each finish line volunteer will be assigned an athlete or two.
- You are then responsible for counting the laps of your assigned athlete or athletes.
- Track the laps on paper, keep eye on your athlete or athletes all the time in case they leave the track
- The main lap counter(i.e. the sign at the finish line) is for lead athletes only – the ones who have not been lapped
- When an athlete has been lapped, the volunteer counting their laps is responsible for telling that particular athlete how many laps they have left.

TIMING

- Hand Timing is done using the printer watches, generally students can be assigned this task.
- Cue all volunteers to start the watch at the smoke of the gun, not the sound of the gun!
- Use index finger to start the watch, not thumb. Hit split or lap as each athlete crosses, stop when last athlete crosses the line
- Rip off the printed time paper and staple it to the heat sheet.
- Red ink appearing on the printer watch print out indicates that the paper is running out. Have the announcer call for an AM staff member to the finish line immediately in order to get additional paper before it runs out.



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- Proper procedure when hand timing with three watches: all three watches record the same time - that is the time; two the same time and one different - the two that are the same become the recorded time; if all three are different - the middle time is recorded.

RELAYS

4x100m

- Once each heat has been marshalled each team is brought onto the track to stand as a group in their lanes, in their racing order.
- Provide general instructions to the team as a whole,
 - Stay in their lanes for the full race
 - Cones indicate the start of the exchange zone
 - Once you complete your exchange, stay in your lane on the track until all other competitors have gone past you. Leave the track once it's safe to do so!
 - 2nd and 4th runners walk over to their exchange zone.
- Reinforce exchange zone rules (i.e. stay in your lane until it is safe to leave the track, leave the lane quickly, athletes clear the area quickly, only the last runner will be in the finish chute)

Medley Relay (400m – 200m – 200m – 800m)

- Once each heat has been marshalled each team is brought onto the track to stand as a group in their lanes, in their racing order.
- The athlete running the first leg (400m) will complete $\frac{3}{4}$ of a lap in their assigned lane and cut down to lane 1 once they pass the markers.
- Athletes running the second leg (200m) should be instructed to enter the track once it is safe to do so (as soon as all of the first leg athletes have gone past).
- 2nd, 3rd and 4th leg athletes should all prepare for their hand off facing the inside of the track, with their left hand extended to receive the baton.
- Once athletes have completed their exchange, they must exit the track immediately, onto the infield and clearing the area as quickly as possible.



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HORIZONTAL JUMPS

JOB ALLOCATIONS

- 1 person – Lead official will have clipboard and event sheets. Check in athletes, take stickers. Marshal 10 athletes per age category at a time. During competition call athletes three at a time – A is up, B is on deck, C is third.
- 1-2 people – help lead official organize groups of 10 athletes, start organizing the next group of 10 once the first group is almost finished. Communicate with announcer when it's time for the next group (or when finishing up last group of a certain age group).
- 2 people – tape measure
- 2-3 people – raking the pit
- TRIPLE JUMP – As soon as the triple jump competition is completed, these volunteers must assist with the final Long Jump competition!

ADDITIONAL NOTES

- The sand pit needs to be turned over (with shovels) prior to the start of the competition and leveled out with rakes prior to the start of warm up.
- Sand needs to be as level as possible throughout the entire competition – however it is imperative that all raking be completed as quickly as possible! Flatten out the pit and then let the competition continue!
- Athletes will compete in groups of 10 – fill up one start sheet with athlete stickers and let them complete their 2 attempts. Once they are finished, fill the next sheet with 10 new athletes, etc.
- Read aloud the athlete's name and number.
- Each athlete gets two attempts, measure both jumps (as long as they are not faults)
- Make sure that rakes are out of pit prior to an athlete beginning their jump.
- The triple jump take off board options are 5m, 7m or 9m.
- The long jump take off board is 1m.
- Athletes can touch the white take off board but may not take off past it.
- Athletes must walk forward and then to the side when exiting the pit.
- If an athlete walks back through the pit after exiting, a warning is given to the athlete.

HOW TO MEASURE

1. Place a marker at the closest point of impact (first break in the sand).
2. Zero end of tape is always at the point of impact.
3. Hold the tape so that its zero point aligns with the point of impact. Do not brace the tape against the marker when doing this.
4. The tape is pulled back snugly, but not so hard that it is stretched.
5. The distance is marked from the edge of the board closest to the sand.
6. Read the distance to the next lower cm. Do not round up (a distance of 5m, 14cm, 9mm would be recorded as 5:14m).



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HIGH JUMP

JOB ALLOCATIONS

1 person – Lead official, will have clipboard and event sheets. Check in athletes, take stickers. Verify measurement of the bar at each height.

2 people – Manage bar. Prior to the start of competition, measure starting height and make sure standards are “calibrated”.

1-2 people – Marshal athletes in groups of 5 for opening height attempts.

COMPETITION PROCEDURES

- Line up athletes in groups of 5 for starting height attempts.
- Each athlete has 2 attempts to clear the bar.
- Once an athlete clears the bar successfully, take their sticker and place it on the event sheet.
- If an athlete misses both attempts they are finished and free to leave the competition area.
- Once all 5 athletes have completed their attempts, line up the next group of 5 athletes. Continue until all athletes in the age category have completed their attempts at the starting height.
- Once all athletes present have completed their first attempts at the starting height, the bar can be raised by 5cm and the competition will proceed in the order of athletes as they appear on the competition sheets.

ADDITIONAL NOTES

- During competition call athletes three at a time – A is up, B is on deck, C is 3rd.
- There is a time limit of 1 minute to complete each attempt.
- Athletes will receive 2 attempts at each height (this is usually 3 however due to time constraints and the large number of athletes).
- An athlete may run through their attempt as long as they do not break the plane of the bar or touch any part of the mat. They can do this two times, if it occurs a third time it counts as a failed attempt.
- If an athlete doesn't attempt a jump but does break the plane of the bar or touches any part of the mat it is a failed attempt.
- If an athlete attempts a jump and the bar falls down after they have left the mat, it still counts as a failed attempt.
- Volunteers must make sure that the mats are positioned correctly throughout the competition and that the mats are not touching the standards.
- Athletes may leave the competition to participate in other track events, however upon returning they must rejoin the competition at the height in progress.
- Measure in meters.
- Zero end of the metal tape goes on the floor; read the tape at bar height.
- Measure at the center and both ends of the bar each time to ensure event height.
- Go up by 5cm until final two athletes are left at which time go up by 2 cm or 3cm depending on the preference of the athletes.
- Once only one athlete is left they may choose to go up by any increment they wish.
- Results sheet notations
 - 0 = cleared X = failed P = passed



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High Jump Starting Heights:

Grade 7 Girls: 1.20m

Grade 8 Girls: 1.25m

Grade 9 Girls: 1.25m

Grade 7 Boys: 1.25m

Grade 8 Boys: 1.30m

Grade 9 Boys: 1.35m



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SHOT PUT

JOB ALLOCATIONS

- 1-2 person – lead officials with clipboard, will have clipboard and event sheets. Check in athletes, take stickers. During competition call athletes three at a time – A is up, B is on deck, C is in the field. Additional person is helpful to watch for faulted throws (foot and hand placement during throws etc).
- 2 people – tape measure
- 1-2 people – manage implement retrieval. Stop shot puts from rolling past the barriers and pass off implement for athlete “in the field” to return with.

ADDITIONAL NOTES

- Implements must be carried back not thrown.
- Make sure that all athletes are kept behind the throwing cage or marked off area.
- The point of impact must fall completely within a sector, landing on the sector line is a fault.
- Have athlete throw twice in a row, using a small cone or bean bag to indicate each mark.
- Measure only the longest throw.
- The shot has to be put from the shoulder with one hand only.
- When an athlete stands in the circle to start their throw, the shot should touch or be in close proximity to the neck or the chin and the hand can't drop below this position during the action of putting.
- The shot definitely should never pass behind the line of the shoulders (this would be a true throwing action and not a put)
- The athlete may enter from the front or behind the circle but must exit from behind.
- Leaving from the front of the circle will result in a fault.
- Throw must be initiated and completed within the circle/runway.
- Toes may be jammed against rim or toe board but athlete cannot step on the toe board.
- Athlete cannot leave the circle/runway until implement has landed.

SETTING UP THE SECTOR

You are creating a triangle; person A holds the 0 mark and 26m mark at the center of the circle, person B holds the tape at the 10m mark; person C holds at the 16m mark.

- The sector can be marked with tape or chalk.
- Sector lines should extend out further on the sides for those athletes who throw farther.

