

# DISTANCE RUNNING



## Middle to Long Distance running range from 800m through to 10,000m

### Competition

- At the Start, athletes are organised in order based on their bib numbers. Lower numbers are closer to lane 1
- Starting: The call is "**On your Marks**", where athletes move up to the start line. Once all athletes are behind the line, the final command of "**Go**" is called/ or the gun goes off
- Lanes: Athletes don't need to run in lanes (exception for 800m stagger starts). On the **bend**, athletes that touch or run into the inside line/kerb will be disqualified by the track referee. Note: athletes that are pushed and/or forced to step inside of the kerb shall not be disqualified
- At some competitions, the 800m could be started in staggered lanes with up to two athletes sharing one lane. After the gun goes, athletes will need to stay in their lane until they pass coloured markers on the track, located just after the 300m start line.
- At the finish line, an official will advise athletes on how many laps they have to go until they finish the race. A bell will ring to indicate to an athlete that they have one lap remaining.

### Safety

- It is suggested that athletes wear shoes
- Ensure athletes keep hydrated before, during and after running
- All athletes should be running in the same direction
- Shoes with spikes are only used on a grass or synthetic surface

### Coaching Tips

- Coaching should only be done at club days or training days – not competitions
- Running 'Shape' – body tall, chest open – proud like Superman/Wonderwomen, head relaxed, eyes ahead
- Relaxed arms that are not crossing the body's centre line.
- Listen for a light rather than heavy foot sound at ground contact