



## Sprinting events in athletics range in distance from 40m through to 400m

### Competition

- Starting: The call is "**On your Marks**", where athletes move up to the start line / go into their blocks. Once all athletes are behind the line, the next command of "**Set**" meaning settled, is called. Athletes will get into their final position waiting for the final call to be made. Once all athletes are settled, the official will call the final command of "**Go**".
- Athletes 14 Years to Open will compete under the No False Start Rule
- Athletes 12 Years to Open have to either use a crouch or block start.
- Lanes: Athletes need to run within their lane. If an athlete runs outside of their lane, on the **straight**, they could be disqualified if they impede another athlete. On the **bend**, athletes that touch or run into the inner lane (left lane) will be disqualified by the track referee.
- Finish Line: Timekeepers are required at the finish line. The time will start when the official see either the smoke or light from the gun. Timekeepers are standing /sitting at least 5 meters away in line with the finish line, and will only stop the stopwatch when the athletes torso (chest) hits the line. Timekeepers are allocated a finish place, not a lane when time keeping.

### Safety

- It is suggested that athletes wear shoes
- All athletes should be running in the same direction
- Ensure you look both ways before crossing the track

### 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
- Think about punching the elbows back or throwing the hands back