



Vancouver Island Athletic Association



STARTER

The primary aim the starts crew is to ensure a fair start for all competitors in the race

- Starter commands runners on the line and fires the gun to start the race.
- Recall starter ensures that runners are in proper positions and looks for false starts and slips.
- If only one person, then the starter has to act in both capacities.

Issue the following commands in a clear, calm voice.

For races in lanes (60m to 400m, including hurdles) the commands are:

- 1) **ON YOUR MARK** - Runners should be 2 meters behind start position and then move up to start or blocks. Starter places gun on top of head.
- 2) **SET** - Issued after runners have settled into position or blocks. Starter raises gun so that timers can see it.
- 3) **BANG** - Gun fired when runners are steady in “set” position. Ideal time is 1.8 sec. to 2.5 sec. after “set” command.

For longer races (800m and longer) the commands are:

- 1) **ON YOUR MARK** - Runners should be 2 meters behind start position and then move up to start. No starting blocks (except in 4x400 relay). Starter raises gun to firing position.
- 2) **BANG** - Gun fired when runners are steady in position. Ideal time is 1.8 sec. to 2.5 sec. after the “On your marks” command.

STAND UP command - Start the above procedure again. Command used if:

- Runner raises hand before the gun fires because of problems.
- Starter feels that runners need to start over again at the line. (taking too long, not settling, etc.)

Restart: Restart (recall) gun should be fired if one of the following occurs:

- Runner starts moving out of blocks (or set position) before gun is fired
- Starting Blocks slip or runner stumbles coming out due to wet surface, etc.
- In longer races, when a runner is knocked over by another runner within the first 100m.

Additional tips:

Be familiar with the start lines for each type of race. If uncertain, consult with the Track Referee or Meet Director. Take up a start position so that you can see **ALL** the runners starting a particular race, and the starter’s assistant if there is one.

Arrive early and “walk the track” to familiarize yourself with the layout and start lines for each race.

Have a clear communication with the marshalling crew, finish line crew and timing crew. Usually done with a red or yellow flag.

Cock the gun if necessary just before the “On Your Mark” command. Get into the habit of keeping your finger off the trigger until actually into starting mode. Wear a bright coloured (red or orange) sleeve on arm that is holding the gun.