



What is my role?

- As the name suggests, place judge's determine the finishing order of the athletes at the completion of a race.
- At Centre level place judges may also be involved in timekeeping.

How many place judges should there be?

Ideally, there should be up to eight place judges (one judge per lane or per athlete in the race) and a Chief Judge. The Chief Judge's job is to allocate a position (i.e. first, second etc) for each judge and to ensure all judges have appropriate paperwork. A Chief Judge should be able to record several or all placings in a race.

How do I judge?

The athletes places are determined by the order in which any part of the torso (i.e. between the shoulders and waist, not the head, hands, feet, etc) reaches the finishing line.

Who do I "place"?

Laned events:

Place judges are allocated a specific place to determine. e.g. John is to determine which lane comes in first place and records the number / Centre on a record sheet. This record sheet is then given to the Chief Judge.

Unlaned events:

At the completion of the race, the athletes are given written place numbers from the judge/s. The athletes are then placed into a line in their finishing order and taken to the recording table/area.

Where do I stand?

All judges should:

- Judge from the same side – inside of track.
- Be next to the finish line, preferably on a raised stand (for better viewing of the finish line) approximately 5m away from the track.

What if I make a mistake?

Mistakes do happen. Even experienced place judges make mistakes. Judges should not consult with each other but instead make their own decisions. Sometimes you miss the finish; you're blinded by other athletes; it's a close "blanket finish"; you are distracted by something; or you just don't know. When judging, first impressions are the best. If this happens to you:

- Don't panic
- Don't let on to the athletes that there is any problem
- Quietly let the Chief Judge know and they will deal with it

If there are any problems with the results the Chief Judge will determine the placings.

What are some "Handy Tips" for Place Judging?

- Don't tell all the athletes their places at the side of the track - it slows things down.
- Be aware of other judges behind you and not obstruct their view.
- For multi-lapped events a judge or multiple judges may be required to monitor the progress of a number of athletes especially slow athletes who may be lapped.





Where do I stand if I am on the straight track?

For all races on the straight track, the starter stands on the inside of the track. Stand a couple of metres back from the inside lane so you can see all competitors in the narrowest possible angle of vision.

Where do I stand if I am on the circular track?

For all races on the circular track, the starter should stand at the back of the competitors on the inside or outside of the track where you can see all competitors in the narrowest possible angle of vision.

How do I start the race?

- As the Starter, check with the Chief Timekeeper that all the timekeepers are ready (usually with a hand signal) / flag.
- In races up to and including 400m, call the athletes up to the line and give the order: - "On Your Mark - Set", and then the starting pistol is fired.
- In races over 400m, give the command - "On Your Marks" and then the starting pistol is fired.
- When the order "On Your Marks" is given, a reasonable length of time should elapse before the command "Set" is given (once all athletes are settled and no movement is detected).
- If an athlete is taking too long to settle into the "Set" position, then all athletes should be asked to stand up and the command is given again.
- Once you are happy that they are all still in the "Set" position, the gun is fired.
- Assuming that there is no false start, for this race your job is now over.

What are the basic rules?

- Athletes must start from behind the line (not touching it).
- If an athlete "breaks" before the gun is fired, the starter declares a false start. In the case of a false start the gun is fired a second time.
- If a competitor does 2 false starts, they will be disqualified.
- A crouch Start may only be used by U11 – U17 athletes for all track events (up to and including the 400m event).

What are the safety considerations?

- Make sure the gun is only loaded when you are about to use it.
- Keep the starting caps in a cool dry place/container (not in your pocket).
- Make sure you wear protective ear muffs or ear plugs.

What are some "Handy Tips" for starters?

- Blow a whistle first to signal to athletes that the race is about to start.
- For younger age groups, do not keep them in the "Set" position for too long (sometimes it is difficult to have U6's completely still at "Set").
- Call the next race up as soon as the prior race has begun.
- Signal to the timekeepers as soon as the track is clear that you are ready to start the next race.





How do the athletes start a race?

For all running events up to and including the 400m, the athletes will need to wait one metre back from the starting line. The starter, who controls the race, will call them up to the line when all the timekeepers are ready. Athletes can do a standing or crouch start.

How do middle and long distance races start?

- For the 800m, the start is in lanes with two athletes sharing one lane. The athletes must use a standing start. Athletes can cross over to the inside lane once they have passed the designated mark on the track; this is around about the start of the back straight.
- For events 1500m and over, athletes line up side by side along a curved start line marked on the track. The athletes in this situation can cross to the inside lane as soon as it is safe to do so.

How do I teach a child to start?

- 'On your marks' position – stand with feet shoulder width apart, place one foot forward pointing down the track.
- 'Set' position – bend at hips and knees, opposite leg and arm forward.
- Action on 'Go' – drive arms and legs – step through with back foot first.
- Crouch or block starts can be used but should be taught by someone with experience in the area (Centre coach or official).

What are the safety considerations?

- Athletes from U11 age group and upwards are able to wear spikes at Centre level, at the Centre Management discretion, in events run entirely in lanes.
- Athletes are not allowed to put their spikes on until told to do so by the officials.
- Athletes must remove their spikes prior to leaving their lane at the end of the race.
- Shoes must be worn by all athletes while competing in any LAQ sanctioned track and field competition.

What are some "Handy Tips" for track races?

- For younger age groups, have coloured cones at the end of the finish line so the athlete will run to that cone and not detour to a parent off the track.
- For younger age groups, do not allow the athletes to crouch start or use blocks until they have mastered the standing start.
- Organise the athletes who are waiting for their race into their heats and lanes. Have them sit in lines behind their allocated lane, ready to be called to the start line.
- Use inside lanes for distance events and other lanes for 200m / 400m.



Where do I stand?

Technically, timekeepers stand on the outside of the track. Make sure that you stand about five metres back from the track and in line with the finish line to get the most accurate view of athletes crossing the line. It is preferable for timekeepers to sit on an elevated stand to ensure a good view of the finish.

Who do I time?

Contrary to what a lot of people believe, timekeepers are allocated a place not a lane to time. e.g. first place not lane one.

When do I start timing?

The Starter will check with the Chief Timekeeper that everyone is ready before he or she starts the race. Watch for the raised gun. Start timing when you see the flash or the smoke from the gun - not when you hear the sound. It is desirable to eliminate any waste motion of the hand holding the watch. This can be achieved by bracing the elbow on your knee or holding the elbow with the other hand. The stop/start button on the watch should be activated by a finger, never by the thumb.

When do I stop timing?

Stop timing when the athlete's torso reaches the line. Disregard the legs, arms and head.

What do I do at the end of the race?

At the end of the race, the Chief Timekeeper will ask for the time that you took for your designated place. Times are taken to the 10th of a second e.g. 10.41 becomes 10.5. (round up).

What if I make a mistake?

Mistakes do happen, even when experienced timekeepers are timing. Sometimes you miss the start, your stopwatch doesn't start or stop when you press the button, or confusion happens over which place each person was timing. If this happens to you:

- Don't panic
- Don't let on to the athletes that there is any problem
- Quietly let the Chief Timekeeper know and they will deal with it

What are some "Handy Tips" for timekeepers?

- Don't tell all the athletes their times at the side of the track - it slows things down.
- Hold the stopwatch in one hand with your finger on the top button (stop/ start button).
- If in a timekeepers stand, remain seated so timekeepers behind you can see.
- If standing to time keep, remain still so timekeepers behind you can see.

