

# STARTING RACES

## General

- For general guidance on starting races, please see the following produced by LANSW: [Starting Fact Sheet](#)
- For information on the Electronic Race Starting procedures used at St George, please see: [Electronic Race Starting](#)

## Key Starting Tips

- Athletes must start from **behind** the line – not touching it.
- After giving the command “On Your Marks”, be sure to give **sufficient time** for the runners to settle into their position and become still. This is especially necessary for crouch starts (with or without use of starting blocks).
- Do not proceed until the runners are **still**. If athletes take too long to become still, ask the runners to **stand up**, and then repeat the process.
- If there is a **false start**, press the “Start” button again. This will make another ‘bang’ from the speaker to call the runners back. It is up to the **Recorder** to notice this and to click ‘Rerun’ on his computer screen. You should then be cleared to start the race again (solid green light on the Start Device).
- False starts are sometimes ‘prompted’ by athletes watching the starter. Athletes should be looking straight ahead (not at the starter).
- At club level, we would ordinarily not disqualify an athlete for 2 false starts (u6 – u12) or 1 false start (u13 – u17) as will happen at a championship carnival, but it is appropriate to **warn** transgressors of the consequences at a representative event (Zone, Region, etc).

## Considerations Regarding Ground Records

- When officiating as a Starter, you have an important role to play in the determination of **Ground Records**. The computer at the finish line will alert the Recorder at the end of a race as to whether a time recorded is a candidate ‘Ground Record’. If this happens, you will be asked to confirm that the Start was “Good” – meaning a fair start (not a false start). **Best practice therefore requires that ALL starts be good starts.**
- Note that the wearing of the **correct uniform** is also a pre-requisite to set a Ground Record.
- Starting is an important role at all levels, including club level. St George encourages parents interested in assisting as a Starter to undertake the short “**Level 1 Officiating – Starting**” course on-line available at: <https://www.athletics.com.au/Officials/Education/> The course delivers a “Level 1” qualification and requires about 75 minutes to complete.