

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, it's important that you read: [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.
- Either the Starter or the Race “Referee” (by raising a red flag) may declare a false start. If there is a **false start**, press the “Start” button again (within a few seconds of race start). 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 the laptop 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 instructed to look straight ahead (*not* at the starter).
- At club level, we don't usually disqualify an athlete for false starting, but transgressors should be warned that they can face disqualification at championship events (Zone, Region, etc) for false starts.

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.