



TRACK PROCEDURES

CLERK OF THE COURSE

- 1) Assign runners to heats and lanes
- 2) Fill in results sheets
Heading information
Lane name and parish
- 3) Bring runners to starting area.
- 4) Give results sheet to starter

STARTER

- 1) Line up runners in correct lanes.
- 2) Give runners instructions.
- 3) Start race when runners, timers and judges are ready.
(Starting sequence Mark - Set - Fire gun)
- 4) Pass results sheet to finish line recorder.

TIMERS/JUDGES

- 1) Provide time of each runner to finish line recorder.
- 2) Provide stick, with finish position to each runner.
- 3) Provide judges for relay races.

FINISH LINE RECORDER

- 1) Record place and time for each runner.
- 2) Pass sheet to ribbon writers

RIBBON WRITERS/STATISTICS RECORDERS

- 1) Provide first, second, and third place ribbon for each race and field event
- 2) Record race results on team/league statistics sheets.
- 3) Post the sheets in results binder (for runners info).

TRACK EVENTS

SEQUENCE	GRADES	START	COMMENTS
1600m	2 - 8	2	From start, merge smoothly to inside lane**
4 X 100	2 - 8	3	Stay in lane for entire race*
400m	2 - 8	3	Stay in lane for entire race*
50m	2 - 5	4	Stay in lane for entire race*
100m	2 - 8	5	Stay in lane for entire race*
800m	2 - 8	3	Stay in lane until second straight-away, at 7, merge smoothly to inside lane.**
200m	2 - 8	6	Stay in lane for entire race*
4 X 400	5 - 8	3	Stay in lane for first lap, pass baton at 1, merge smoothly to inside lane.**
800 Sprint medley		3	Stay in lane for first three legs (100, 100, 200m) fourth leg (400m) receive baton in lane and merge to inside lane.**

All runners receive finish (place) stick at end of race.
* in assigned lane. **in sequence in inside lane.

FIELD EVENTS

BOY/GIRLS GRADES

Long Jump	2 - 8
High Jump	5 - 8
Shot Put	5 - 8
Softball	2 - 8
Event officials, fill in result sheets and pass to ribbon writers when event closes.	