

# TRACK USAGE AND ETIQUETTE

The use of an all-weather track is fun, safe and enjoyable but with lots of athletes using it basic rules should be followed for the safety of all, athletes, officials and spectators.

## Warming up

When warming up use the outside 2 lanes, this should never be a 'race' but controlled steady jog to warm up the muscles and get the blood running through the veins. If stretching as a controlled group this should be done at the jumps fan or at the finish area on the outside of the track, never on the track unless it is being done by all at the same time. – There could be another session going be aware of others, including the jumps fan area. BE RESPONSIBLE.

## Lane Etiquette

Lane 1 should not be used in training, for interval training of 1 lap or more use lanes 2 and 3.

In races for events that are less than 1 lap (sprints – 100, 200, 300, 400 m, and hurdles the number of competitors may allow lane 1 to be vacant, this is common in most league competitions. This decision should be made by the starter, marksman and track referee in consultation, if the number of competitors allows for this.

All longer races over 1 lap can be run in lane 1, at the usual break points etc, or the race distance and times will be incorrect.

Sprinters use lane 4 and 5, if multiple groups this can be split between home straight and back straight.

Hurdles in lane 6, 7 and 8.

These are only guide lines and every session, may allow other options.

Steeplechase water jump should only be full for the Steeplechase event. This should be monitored by the track staff, as soon as the event has been concluded the water must be drained away. Health and safety is paramount, for possible non corrective use – paddling, playing in the water, and also the athlete must have clean water to jump in. Stagnant old water may be diseased, plus any debris in the area must be removed.

## Hurdles

Always hurdle the barriers where the 'legs' are pointing to the athlete, where the hurdle will fall down if knocked, and not the other way where the hurdle will not fall.

## **Recovery**

When on a session, athletes may be on recovery period, do not use the track to recover, others may still be using it. If an athlete hears the word 'TRACK' – you are in the way, move out of the way of the oncoming athlete who is most probably travelling at speed! General rule move to the outside. Be aware of hurdles or other barriers on the track.

## **Throws**

### Training

Throws should always be supervised by a coach. Long throws should where possible be controlled by horn (Discus, Hammer and Javelin). The horn indicates a throw is about to be carried out, and is a warning to those in the area be vigilant. Never retrieve an implement until all implements have been thrown and advised by a coach that it is OK to collect, generally retrieve is carried out when all implements have been thrown.

### Competition

It is the field judges who are in control during competitions, and the use of the horn is mandatory, again this is H & S all judges should acknowledge the horn that they have heard it and are aware that a throw is about to take place. It is not the signal to the athlete that they can throw. (Personally I stand in the entrance to the cage or javelin runway until I am satisfied that the judges are prepared)!

Where a javelin thrower uses the full length of the runway i.e. over the bend of the track, a judge must be on hand to supervise the run-up and ensure that any track races are not interfered with by a javelin competitor running across an athlete on the track. A reasonable gap must be allowed, this may also have a situation where timing implements are being used in high class competitions and the current rule of time allowance in a throw may have to be considered lenient by the judges.

## **High Jump**

Athletes jump from either side of the mat, so any warm-up should be supervised allowing athletes to come from either side, Also some athletes may use more than the fan area to run-up. If this is the case, a judge must supervise the area so as not to interfere with any races on the track; also any kerbing must be removed but returned to the correct place when competition is concluded. If kerbing is removed cones must be put down to mark the inside of the track, but it must not interfere with a jumper.

## **Long/Triple Jump Pit**

Before training or competition ensures that the sand is clean from any foreign bodies, is smooth for landing and competitors and spectators are not crowding the runway or pit. An athlete must have cleared the pit and sand acceptable before the next athlete runs down the runway.