TRACK OFFICIALS & INSTRUCTIONS:

(Girls' races are before boys' races)

1. ANNOUNCER:

Calls races to meeting points & states meeting points.
Issues warnings to keep off track.
Makes any other information announcements as needed.
Gives out race results and announces event finalists.
Can provide running commentaries.

2. TRACK MARSHAL:

Organises the runners into

a) Age groups (Junior Girls, followed by junior boys, followed by intermediate girls, followed by intermediate boys)
b) Heats (dependent upon the number of runners that are available to race. Consideration should be given to 8 available lanes per race for 100m and 6 available lanes per race for other track events). The Marshal should communicate the number of heats to the chief timekeeper / Race result recorder.
c) Lane order: Can use playing cards numbered (1 to 8 or 1 to 6 to determine lane number).

3. STARTER:

Calls runners up for races.
Starts races (Sprints: "Take your marks, Get Set, Go", Middle distance: "Take your marks, Go")
Make sure that you know the correct starting lines.

4. CHIEF TIMEKEEPER:

Allocates timekeepers with individual lane.
Ensures timekeepers ready for start of race then indicates this to Starter.
Maintains emergency stopwatch should a timekeeper's fails.

5. TIMEKEEPERS:

Ensure au fait with stopwatch workings.
Allocated to single lane – watch carefully throughout the start and race. Look along finish line for accurate final time.
Take runner to relevant lane finishing chair and wait for race recorder.
Provide Race Recorder with the Lane & Time for runner. DO NOT erase time until taken by race recorder. Return to timer podium when dismissed by Race Recorder.

6. RACE RESULT RECORDER:

Write down the finishing time, name of runner and school for each runner on race result sheet.
(This may only need to be done for first 3 runners in heats – ALL must be done for finals).
Work out the positions of the finishers.
Hand sheets quickly to scorer's table.

TRACK RESULTS SHEET – HEATS ONLY

Event No / Time _____

Junior Girls	Junior Boys	Inter Girls	Inter Boys

Heat:	1	2	3	4

EVENT:	200m	300m	400m		Relay

Pos	Name	School	time
1			
2			
3			
4			
5			
6			

TRACK RESULTS SHEET – HEATS ONLY

Event No / Time _____

Junior Girls	Junior Boys	Inter Girls	Inter Boys

Heat:	1	2	3	4

EVENT:	200m	300m	400m		Relay

Pos	Name	School	time
1			
2			
3			
4			
5			
6			

TRACK RESULTS SHEET – HEATS ONLY

Event No / Time _____

Junior Girls	Junior Boys	Inter Girls	Inter Boys

Heat:	1	2	3	4

EVENT:	100m

Pos	Name	School	time
1			
2			
3			
4			
5			
6			
7			
8			

TRACK RESULTS SHEET – HEATS ONLY

Event No / Time _____

Junior Girls	Junior Boys	Inter Girls	Inter Boys

Heat:	1	2	3	4

EVENT:	100m

Pos	Name	School	time
1			
2			
3			
4			
5			
6			
7			
8			

TRACK RESULTS SHEET – FINAL ONLY

Event No / Time _____

Junior Girls	Junior Boys	Inter Girls	Inter Boys	

EVENT:	100m	200m	300m	400m	800m	1500m		Relay

Pos	Name	N°	School	Time	Points
1					9
2					7
3					6
4					5
5					4
6					3
7					2
8					1

TRACK RESULTS SHEET – FINAL ONLY

Event No / Time _____

Junior Girls	Junior Boys	Inter Girls	Inter Boys	

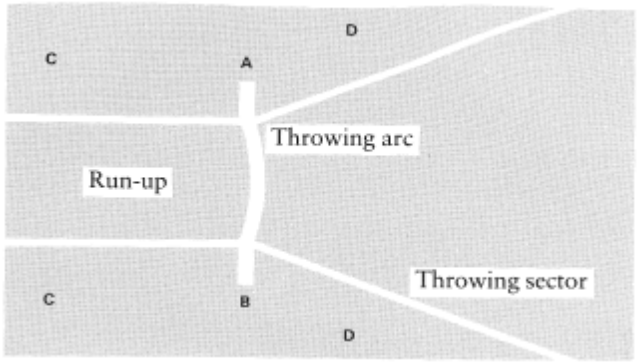
EVENT:	100m	200m	300m	400m	800m	1500m		Relay

Pos	Name	N°	School	Time	Points
1					9
2					7
3					6
4					5
5					4
6					3
7					2
8					1

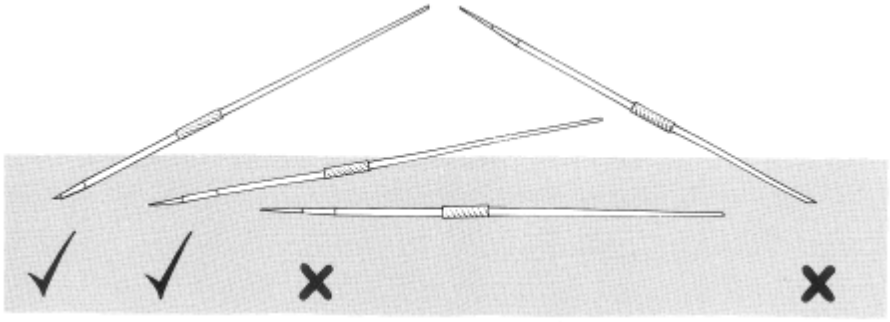
JAVELIN RULES & MEASURING:

Each thrower gets 3 competition throws, the furthest legal throw counting.

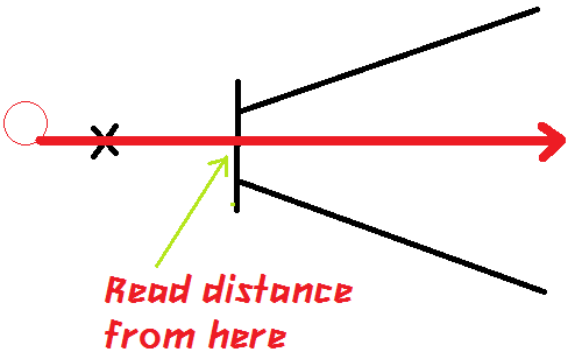
Throwers must only throw when called.
They must approach within the run up lane.
The Javelin must be released before the Throwing Line (A – B)
Throwers may not touch any part of the event area on or in front of the throwing line (A-B)
Javelins landing on or outside the throwing sector (D) are counted As “no throws” and will not be measured.



The landing of a javelin flat, tail first or outside the sector is a “No Throw”



Measuring:



“0” on tape measure should be taken to where javelin hit / marked the ground.
The tape should then be run back over the throwing line to the mark in the centre of the run up.
The distance should be read from the inside edge of the throwing line.

The javelin should be safely collected and returned (NOT THROWN) back to the next waiting competitor.

SOUTHERN AREA SENIOR DISTRICT ATHLETICS CHAMPIONSHIPS

Age Group:	Junior Girls	Junior Boys	Inter Girls	Inter Boys

Event:	**Javelin**			
Weight:	Junior Boys: 600 g	Junior Girls: 600 g	Inter Boys: 700 g	Inter Girls: 600 g

Name	School	1	2	3	Best	Position 1- 8 only
1						
2						
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Please return to scorer promptly after completion

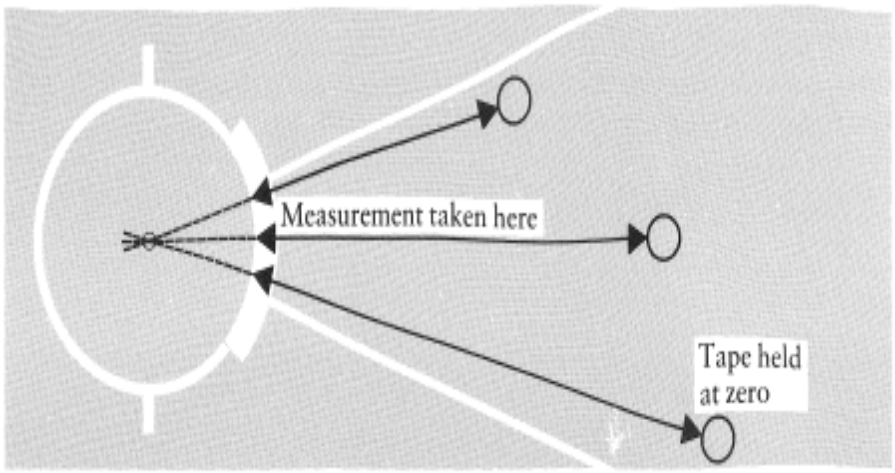
SHOT PUT RULES & MEASURING:

Each thrower gets 3 competition throws, the furthest legal throw counting.

Throwers must only throw when called.
They must start from a still position within the throwing circle..
The Shot put must be released before the edge of the throwing circle or stop board.
Throwers may not touch any part of the event area on or in front of the throwing line, or the top of the stop board.
Shots landing on or outside the throwing sector are counted as “no throws” and will not be measured.
Throwers must leave the circle from the rear.

All throws must only entail a forwards and upwards motion to be legal. Any sideways or backwards motion in the throwing action will deem the throw a “No Throw” which will not be measured.

Measuring:



“0” on tape measure should be taken to where shot initially hit / marked the ground.
The tape should then be run back over the throwing line to the mark in the centre of the circle.
The distance should be read from the inside edge of the throwing line.

The shot should be safely collected and returned (NOT THROWN) back to the next waiting competitor.

SOUTHERN AREA SENIOR DISTRICT ATHLETICS CHAMPIONSHIPS

Age Group:	Junior Girls	Junior Boys	Inter Girls	Inter Boys

Event:	**Shot Put**			
Weight:	Junior Boys: 4.00 KG	Junior Girls: 3.25 KG	Inter Boys: 5.00 KG	Inter Girls: 4.00 KG

Name	School	1	2	3	Best	Position 1- 8 only
1						
2						
3						
4						
5						
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Please return to scorer promptly after completion

DISCUS RULES & MEASURING:

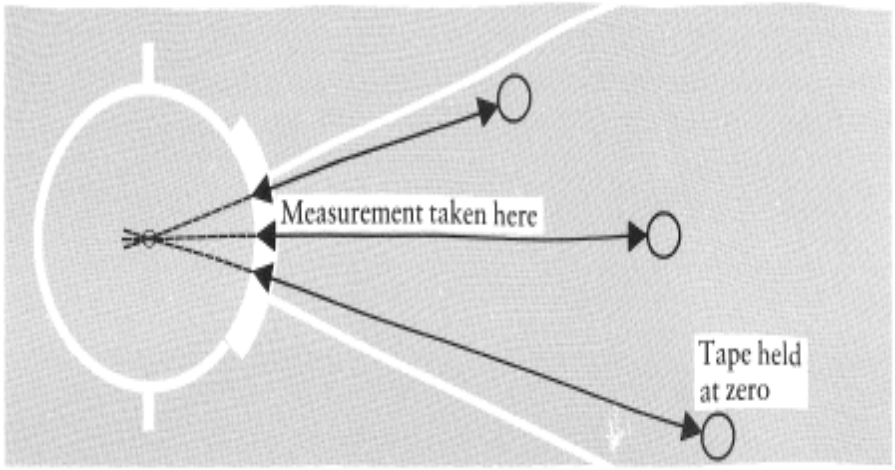
Each thrower gets 3 competition throws, the furthest legal throw counting.

Throwers must only throw when called.
They must start from a still position within the throwing circle.
If throwing from a cage only one competitor is allowed in the cage at a time. Throwers may rotate from a standing position when completing their throwing action.
When no cage is available, throwers must throw from a standing position.

The discus put must be released before the edge of the throwing circle.
Throwers may not touch any part of the event area on or in front of the throwing line
A discus landing on or outside the throwing sector is counted as a "no throws" and will not be measured.
Throwers must leave the circle from the rear.

There is no defined throwing technique for discus, although a rotational sling action is usually preferred as the most efficient.

Measuring:



"0" on tape measure should be taken to where the discus initially hit / marked the ground.
The tape should then be run back over the throwing line to the mark in the centre of the circle.
The distance should be read from the inside edge of the throwing line.

The discus should be safely collected and returned (NOT THROWN) back to the next waiting competitor.

SOUTHERN AREA SENIOR DISTRICT ATHLETICS CHAMPIONSHIPS

Age Group:	Junior Girls	Junior Boys	Inter Girls	Inter Boys

Event:	**Discus**			
Weight:	Junior Boys: 1.25 KG	Junior Girls: 1.00 KG	Inter Boys: 1.50 KG	Inter Girls: 1.00 KG

Name	School	1	2	3	Best	Position 1- 8 only
1						
2						
3						
4						
5						
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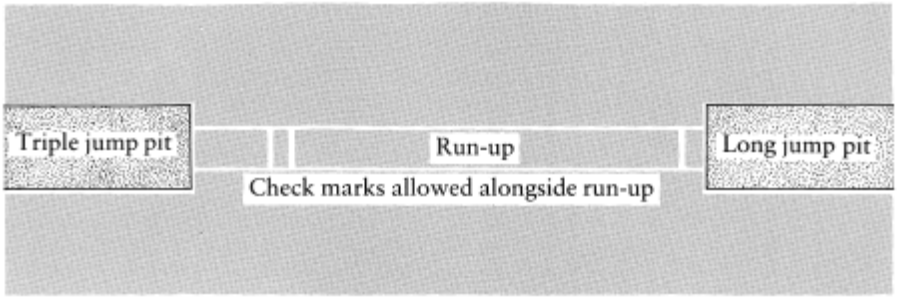
Please return to scorer promptly after completion

LONG JUMP RULES & MEASURING:

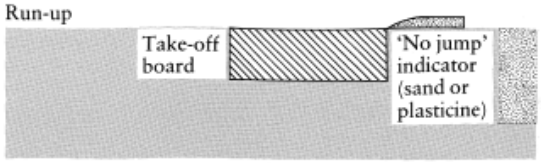
Officials should check the start of the competition before it commences.

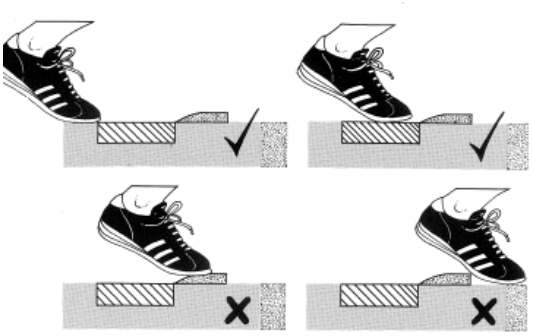
Each jumper gets 3 competition throws, the furthest legal jump counting.

Jumpers must only jump when called (As raking may still be in progress)
They must approach within the run up lane.
Runners are entitled to make check marks alongside, but not in or touching, the run up lane.



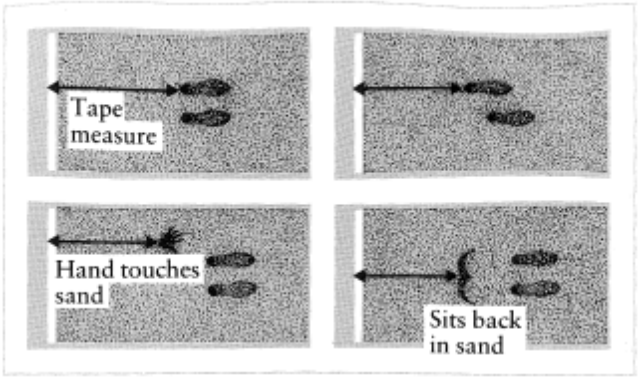
Jumpers may take off behind or on the take off board, BUT NO PART of the foot is allowed to extend beyond the pit edge of the take off board.





No Jumps will not be measured.

Measuring:



"0" on tape measure should be taken to the point where the body part nearest the take off board has made contact with the sand.
The tape should then be run back over the take off board and the distance measure from the pit edge of the board.

The pit should be raked flat before the next jump.

SOUTHERN AREA SENIOR DISTRICT ATHLETICS CHAMPIONSHIPS

Age Group:	Junior Girls	Junior Boys	Inter Girls	Inter Boys

Event:	**Long Jump**

Name	School	1	2	3	Best	Position 1-8 only
1						
2						
3						
4						
5						
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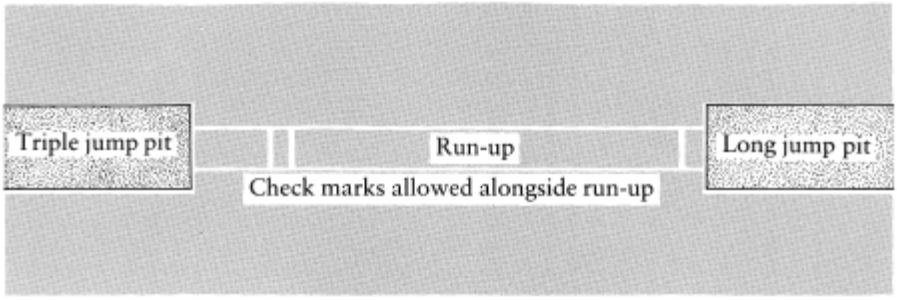
Please return promptly to scorer after completion.

TRIPLE JUMP RULES & MEASURING:

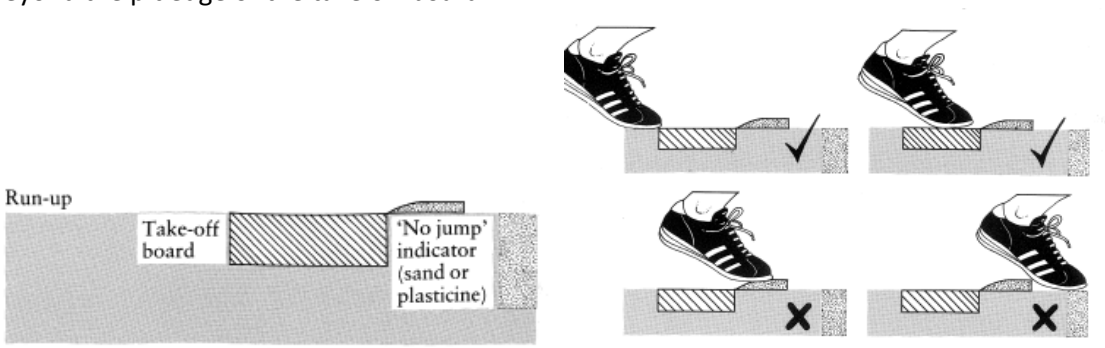
Officials should check the start of the competition before it commences.

Each jumper gets 3 competition throws, the furthest legal jump counting.

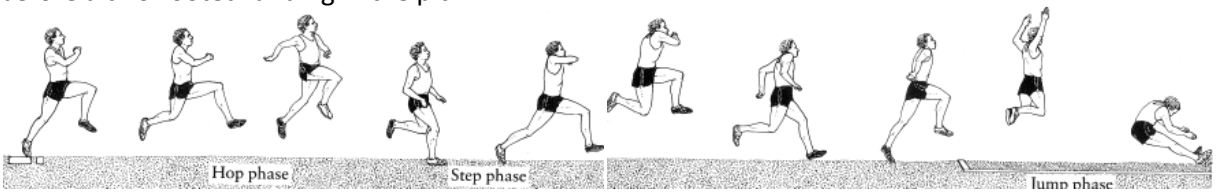
Jumpers must only jump when called (As raking may still be in progress)
They must approach within the run up lane.
Runners are entitled to make check marks alongside, but not in or touching, the run up lane.



Jumpers may take off behind or on the take off board, BUT NO PART of the foot is allowed to extend beyond the pit edge of the take off board.

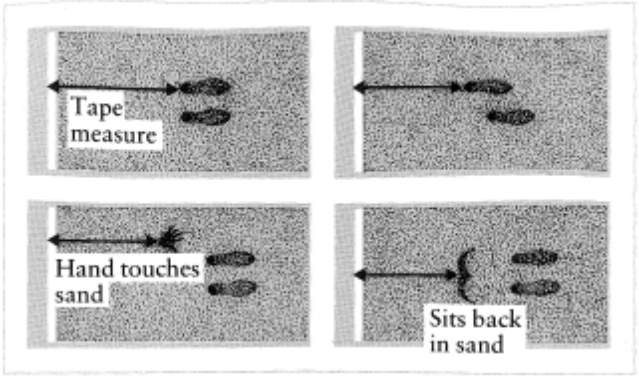


Triple Jump Action:
Athletes must take off on one foot, landing on the same foot, transferring to the opposite foot before a two-footed landing in the pit



No Jumps will not be measured.

Measuring:



"0" on tape measure should be taken to the point where the body part nearest the take off board has made contact with the sand.
The tape should then be run back over the take off board and the distance measure from the pit edge of the board.

The pit should be raked flat before the next jump.

SOUTHERN AREA SENIOR DISTRICT ATHLETICS CHAMPIONSHIPS

Age Group:	Junior Girls	Junior Boys	Inter Girls	Inter Boys

Event:	Triple Jump

Name	School	1	2	3	Best	Position 1-8 only
1						
2						
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Please return promptly to scorer after completion

HIGH JUMP RULES & MEASURING:

High Jump procedure:
Officials select the competition starting height & initially increase the height of the bar by 10 cms, then 5 cms until they feel there is a need to move by 2 cms.
When there only a few jumpers remaining in competition, they can set their own height.

When their name is called, jumpers approach the bar and must take off on ONE FOOT ONLY.
Jumpers get 3 consecutive attempts to make a clearance over the bar (at whichever height they choose). Should they fail to clear within the 3 attempts, they are eliminated from the competition. If they clear the bar, they get another 3 consecutive attempts to clear a higher standard.

Scoring the competition & recording jumps:
The starting height of the bar should be noted at the top of the first column and subsequently each time the bar is moved.
If a jumper clears the bar the sheet should be marked "0".
If a jumper fails to clear the bar with a legal jump the sheet should be marked with a "X".
If a jumper opts to miss a turn it should be marked with a "-".
Write in the highest clearance height for each jumper once they have made 3 consecutive failures in the second column from the right. Positions can worked out upon completion of the competition.

At the end of the competition if there is a tie:
Work out who cleared the bar with the fewest attempts at that height.
If this is the same, work out who cleared the second highest bar with the fewest jumps, and so on until a difference is found (see diagram below)

	1.37 m	1.42 m	1.45 m	1.47 m	1.50 m	1.52 m	1.54 m	Total failures	Position
McLeod	---	xo	o	xo	---	xxo	xxx	4	2 =
Thompson	o	o	o	x--	xo	xxo	xxx	4	2 =
Brown	o	o	x--	o	xxo	xo	xxx	4	1
Hansen	o	---	---	xxo	xxo	xxo	xxx	6	4

SOUTHERN AREA SENIOR DISTRICT ATHLETICS CHAMPIONSHIPS

Age Group:	Junior Girls	Junior Boys	Inter Girls	Inter Boys

Event	**HIGH JUMP**

Name	School	Height			Height			Height			Height			Height			Height			Height			Height			Height			Height			Height			Height			Height			Height			Best	Pos 1-8 only
		1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3		
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SOUTHERN AREA SECONDARY SCHOOLS ATHLETICS CHAMPIONSHIPS FINAL POINTS SCORES **AGE GROUP: JUNIOR / INTER BOYS / GIRLS**

SCHOOL	1500	400	300	100	200	LJ	TJ	HJ	SHOT	DISC	JAV	RELAY		POINTS	POSn
Angmering															
Chatsmore															
Davison Girls'															
Durrington High															
Our Lady of Sion															
Lancing College															
Littlehampton Academy															
Oak Grove College															
Shoreham Academy															
Shoreham College															
Sir Robert Woodard															
St. Andrew's Boys'															
Steyning Grammar															
Towers															
Worthing High															

List of 1st, 2nd & 3rd placed Athletes

AGE GROUP:

EVENT	1ST (TIME / DISTANCE) SCHOOL	2ND (TIME / DISTANCE) SCHOOL	3RD (TIME / DISTANCE) SCHOOL
100M			
200M			
300 / 400M			
800M			
1500M			
Long Jump			
Triple Jump			
High Jump			
Shot Put			
Discus			
Javelin			