

MIDDLE DISTANCE BASICS

300m	-	u6
500m	-	u7
700m	-	u8
800m	-	u9 to u17
1500m	-	u11 to u17

[Only these Age Groups may do these events. Spikes are permitted for u13 and above only.]

The Start

- All starts must be “**standing starts**” – crouch starts or starting blocks are not permitted
- The Starter’s instructions are: **On Your Marks.....’Bang’** [There is no “Set”]. When you hear “On your Marks”, move close to the Start Line (but remain just behind it) and take up your starting position, and then stay very still - don’t move until you hear the “Bang”.
- Do not watch the Starter – Look ahead and listen.
- If after the ‘bang’ the race starts and you hear a second ‘bang’, that means there was a **false start**. Stop & return to the Start Line.
- **300m, 500m, 700m and 1500m** races start on a curved start line with a **maximum of 16** runners.
 - In these races, you may move immediately *toward* the inner lane, but *must not push, bump or jostle* any other runner
- **800m** races are started on ‘stagers’ in lanes – and up to 2 runners may commence in each lane. There are 2 sets of stagger lines in each lane – for the 800m race, use the **smaller** of the two staggers (the one closest to the gates).
 - You must *remain in your lane until you reach the ‘break line’* – then you should veer towards the inside lane (lane 1) and complete your run in that lane. You *must not push, bump or jostle any other runner*.

Running the Race

- You must **not** obstruct any other runner to impede their progress.
- At the end of the race, run hard through the gates at the finish – do not slow down as you approach the gates
- You must finish the race in either **Lane 1 or Lane 2** to record a time. If two runners are very close together, or side by side, *each should finish in a different lane*.
- In the **1500m race**, the slower runners may be **lapped** – this means some runners will pass through the gates (4th time through) and finish the race, but some others have a further lap to complete. In this case, the ‘lapped’ runners need to (or will be directed to) divert to the in-field to pass ‘around’ the gates. They must of course immediately return to the track for their final lap & on completion of that last lap pass through the gates in Lane 1 or 2.
- Be sure to receive a “**place card number**” from the finish line marshals – this will state where you came in the race. Runners then move, in order, to the Recording table where your ‘bib number’ will be recorded against your place number.