

MIDDLE DISTANCE BASICS

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

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”*]. Upon hearing “On your Marks”, runners move close to the Start Line (but remain just behind it), take up their starting position, and remain still until the “Bang” which starts the race.
- Do not watch the Starter – Look ahead and listen.
- If after the ‘bang’ to start the race there is a *second* ‘bang’, that means there was a **false start**. Stop & return to just behind the Start Line.
- **300m, 500m, 700m and 1500m** races (and **400m** races for **u8**) start on a curved start line with a maximum of *about* 16 runners. In these races, runners may move immediately *toward* the inner lane, but *must not push, bump, jostle or intentionally impede* any other runner.
- **800m** races are usually 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). Runners must **remain in their lane until crossing the ‘break line’** – it’s a curved line directly across from the start line on the other side of the oval, marked by cones or similar. From there, runners may veer towards the inside lane (Lane 1) and complete the race in or near Lane 1. Runners *must not push, bump, jostle or intentionally impede any other runner*.

Running the Race

- A runner must **not** obstruct any other runner (eg. by shifting their running line sideways, or sticking out an elbow, etc) to impede the other runner’s progress.
- At the end of the race, run hard through the gates at the finish – do not slow down as you approach the gates.
- Runners must finish the race in specific Lanes/gates which are set to record finishing times. If two runners are close together, *each should finish in a different lane*.
- In the **1500m race**, the slower runners may be **lapped** – this means some runners will finish the race, but some others running *behind* them have a further lap(s) to complete. In this case, the ‘lapped’ runners may need to be directed to *bypass* the gates/lanes which are recording finish times. If this means diverting to the inside of the track, they must of course immediately return to the track for their final lap.
- After finishing the race, runners must receive a “**place card number**” from the finish line marshal. Runners then move, in place-card order, to the Recording table where their ‘bib number’ will be recorded against the time corresponding to the place number.