



UNDERSTANDING BASICS OF TRACK EVENTS

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TRACK



The length of standard running track shall be 400m.

It shall consist of two parallel straight and two bends whose radius shall be equal.



BASIC ITEMS & EQUIPMENTS REQUIRED



**STARTERS GUN, MICROPHONE
& MEGAPHONE**

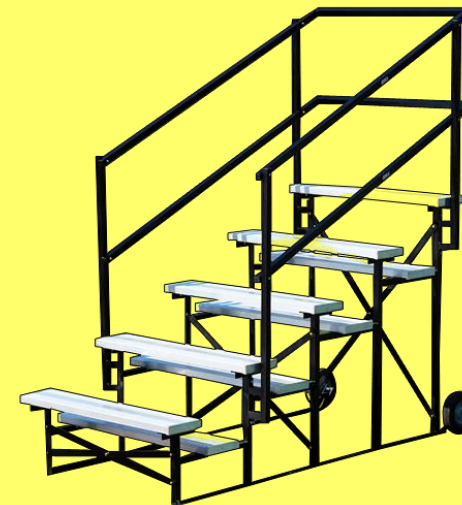


FLAGS



CONES

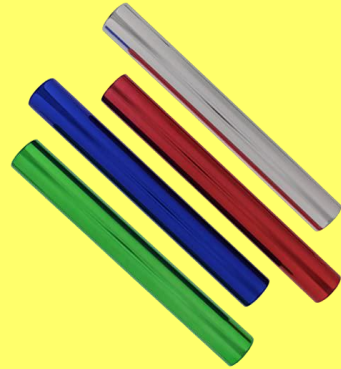
STARTERS STAND



JUDGES & TIMEKEEPER STAND



BASIC ITEMS & EQUIPMENTS REQUIRED



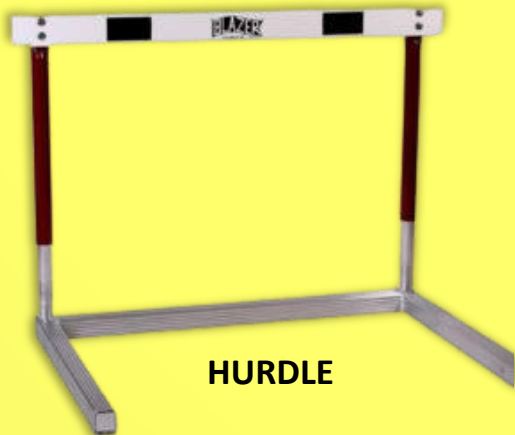
RELAY BATONS



STOP WATCH



LAP COUNTER



HURDLE



STEEPLECHASE HURDLE



CLIPBOARD, SCORESHEETS & PEN



STARTING LINES



The **start line** of the race shall be denoted by a **white line 50mm wide**.



In all **races not run in lanes**, the start line shall be **curved**.



CROUCH START

In races up to and including 400m (including 4 x 100m, Medley Relay, 4 x 400m), a crouch start and use of starting blocks are compulsory.

ON YOUR MARKS



SET



GUN FIRE





STANDING START

In races longer than 400m, starts shall be made from a standing position.

ON YOUR MARKS



GUN FIRE





STAGGERED START

In **races with at least one curve** and athletes have to run in their lanes partially or throughout the race, **STAGGERED start is given.**

Races with **One Curve – Half Stagger**
e.g.- 200m, 800m

Races with **Two Curves – Full Stagger**
e.g.- 400m

Races with **Three Curves – One and Half Stagger**
e.g.- 4 x 400m Relay





SPLIT START

When **more than 12 athletes** in a race over 1000m, 2000m, 3000m, 5000m or 10000m, they may be divided in **two groups** with one group approximately **2/3rd of athletes on the regular arced start line** and other group on separate arched start line marked across **outer half of the track.**



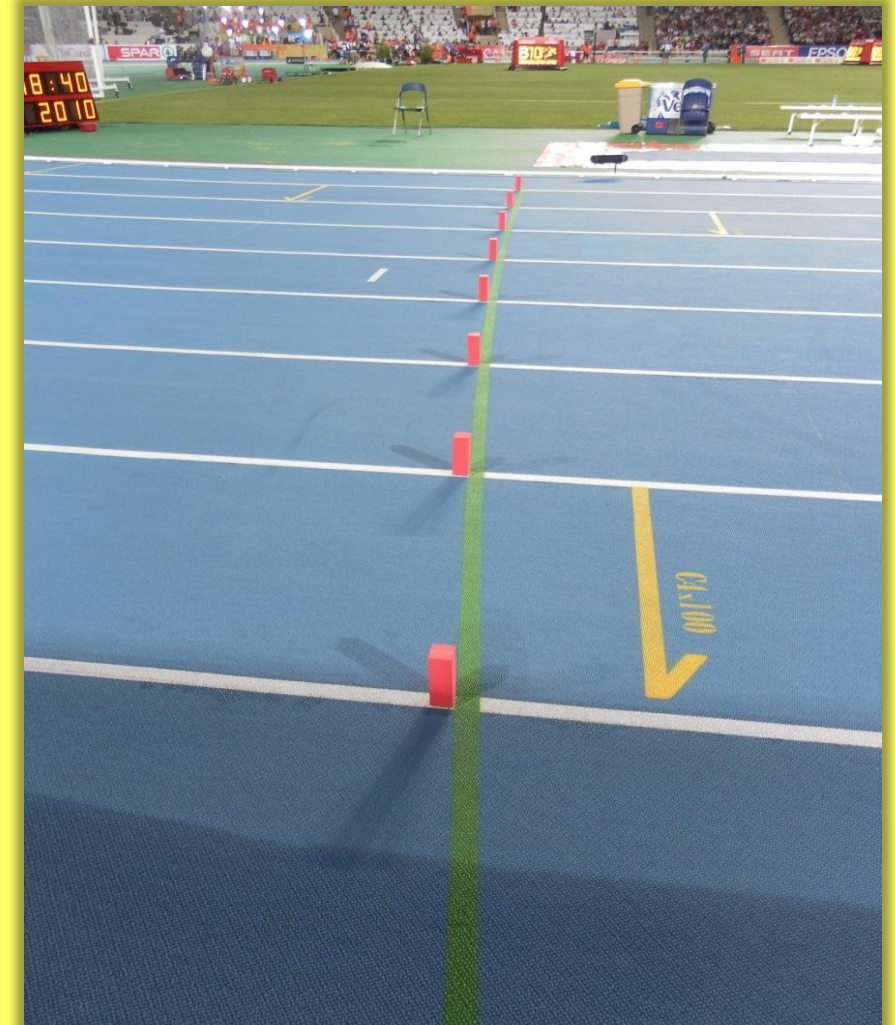
The group on the **outer half should run on the outer half till the end of first bend till the break line.**



BREAK LINE

The 800m event **shall be run in lanes** as far as the nearer edge of the **breakline** where athletes **may leave their respective lanes**.

Break line **shall be an arched line** marked after the first bend, 50mm wide, across across all lanes other than lane 1.





A.F.I.

FALSE START



It should be a **False Start** if an athlete, commence the start before receiving the report of the gun.



WARNING & DISQUALIFICATION ON FALSE START

Except in Combined Events, any athlete or team responsible for a false start shall be **disqualified**.

In Combined Events, **Warning** to the athlete responsible for the false start. **Any further false start** shall lead to **disqualification** of the athlete responsible for it.





LANE INFRENGEMENT

In all races run in lanes, athlete shall keep within their allocated lane from **start to finish**. Also apply to portion of race run in lanes.

The athlete shall not step or run on or inside the **kerb or line marking the applicable border**.





A.F.I.

LANE INFRENGEMENT





NOT A LANE INFRENGEMENT

An athlete or a relay team shall not be disqualified if -

- **Pushed or forced** by another person to step or run outside their lane or on or inside kerb.
- Step or **run outside** their lane **in the straight***.



* No material advantage is gained and no other athlete being jostled or obstructed so as to impede their progression.



JOSTLING OR OBSTRUCTION

Unintentional jostling or obstruction

The Referee may order the race to be **re-held** or **allow the affected athlete** (or team) to compete in the **subsequent round** of the event.

Intentional jostling or obstruction

The athlete responsible for the jostling or obstruction, shall be **liable to disqualification** from the event.

The **re-held** races shall be held **excluding the disqualified athlete** (or team).

In the cases above, such athlete (or team) should normally have **completed the event with bona fide effort**.

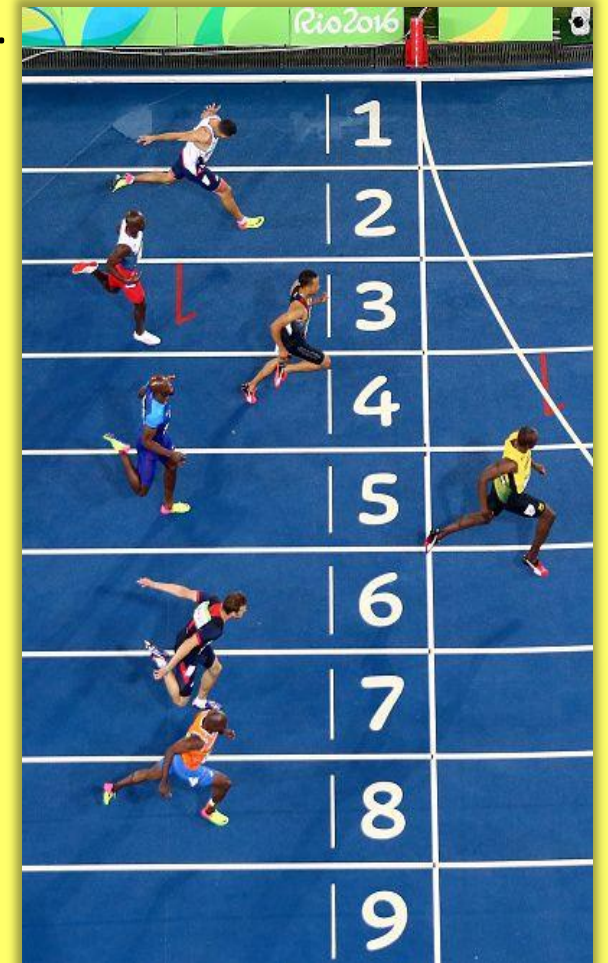




FINISH

The Finish of a race shall be denoted by a **white line 50mm wide**.

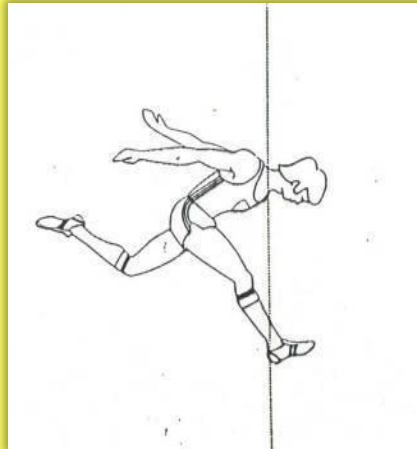
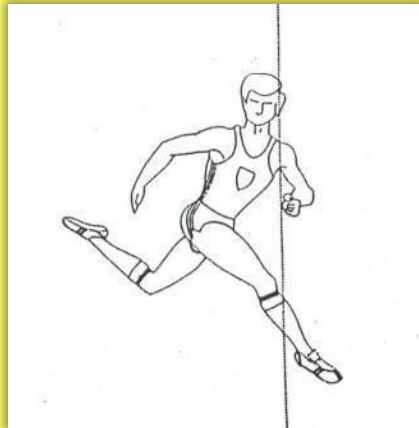
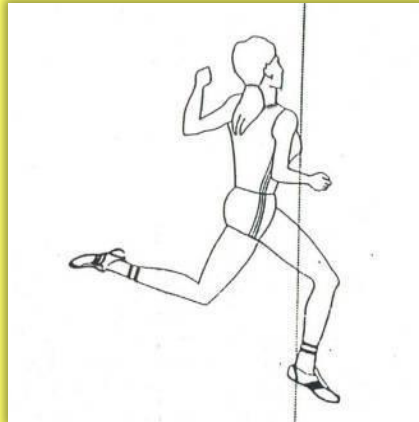
The athletes **shall be placed** in order in which their **Torso** reaches the **vertical plane of the nearest edge of the finish line**.





A.F.A.

TORSO



The human body considered **without the head, neck, hands and legs** is called **TORSO**.



A.F.A.



TIME KEEPING



POSITIONING OF TIMEKEEPERS AND TIME

The Timekeepers shall be **in line with the finish** and, placed in **elevated stand**, at least 5m from the outside lane of the track.



The time shall be taken from the **flash / smoke of the gun** till the moment when the **torso** of an athlete reaches the **vertical plane** of the nearer edge of the **finish line**.





CONVERTING & RECORDING TIME – HAND TIMING

For **races on the track**, unless the time is an exact 0.10 second, the time shall be converted and recorded to the **next longer 0.1 second**,

Example- **10.34 shall be recorded as 10.4**
but 10.30 shall be recorded as 10.3

For **races partly or entirely outside the stadium**, unless the time is an exact whole second, the time shall be converted and recorded to **next longer whole second**,

Example- **1:21:22.30 shall be recorded as 1:21:23**
but 1:21:22.00 shall be recorded as 1:21:22





OFFICIAL TIMING – HAND TIMING

If, after converting the times, **two of the three watches agree and the third disagrees**, the time **recorded by the two** shall be the official time.

If **all three watches disagree**, the **middle time** shall be official time.

If **only two times are available** and they disagree, the **longer time** shall be official.

Sr. No.	Watch 1		Watch 2		Watch 3		Official Time
1	10.78	10.8	10.80	10.8	10.81	10.9	10.8
2	10.78	10.8	--	--	10.81	10.9	10.9
3	10.78	10.8	10.81	10.9	10.69	10.7	10.8
4	--	--	2:22:38.67	2:22:39	2:22:39.11	2:22:40	2:22:40

The **Chief Timekeeper** shall decide the **official time** for each athlete.



MINIMUM TIME BETWEEN ROUNDS

The following **minimum times** must be allowed, when practicable between the **last heat of any round and the first heat of the subsequent round or final:**

- | | | |
|--|---|-----------------------------|
| Up to and including 200m | - | 45 minutes |
| Over 200m up to & including 1000m | - | 90 minutes |
| Over 1000m | - | Not on the same day. |



A.F.A.

HOW TO FILL THE CARDS & REPORTS



FILLING DISTRIBUTION OF HEATS SHEET

ATHLETICS FEDERATION OF INDIA				
NAME of the COMPETITION:		National Inter State Junior Athletics Championship		
VENUE & DATE:		DELHI, 22nd – 28th November 2019		
ORGANISED BY:		Athletics Federation of India		
DISTRIBUTION of HEATS				
EVENT No:	62	EVENT :	1500m Run	
Date:	23/11/2019	GROUP:	Women Under 20 yrs	
HEAT No. 1 / SEMIFINAL No. "1"				
PLACE	BIB No.	NAME of the ATHLETES	UNIT	REMARKS
1	456	Sunita Singh	Delhi	
2	211	Priya Joshi	Maharashtra	
3	645	Anuradha Ghosh	West Bengal	
4	135	Shirley Koshy	Kerala	
5	323	Parmeet Kaur	Punjab	
6	513	Shreelatha	Tamil Nadu	
7	298	Komal Patel	Gujarat	DNF
8	499	Manu Kumari	U. P.	DNS
HEAT No. / SEMIFINAL No. "2"				
PLACE	BIB No.	NAME of the ATHLETES	UNIT	REMARKS
1				
2				
3				
4				
5				
6				
7				
8				
HEAT No.				
PLACE	BIB No.	NAME of the ATHLETES	UNIT	REMARKS
1				
2				
3				
4				
5				
6				
7				
8				
RECORDER NAME	<u>Name of Recorder</u>			
SIGNATURE	<u>Sign. of Recorder</u>			
<small>www.indianathletics.org</small>				

DNF – Athlete started but did not complete the race

DNS – Athlete did not start the race



FILLING TIME KEEPERS REPORT

Name of the Institution **Athletics Federation of India**
 Name of the Championships **National Inter State Junior Athletics Championship**
 Venue & Dates **DELHI, 22nd – 28th November 2019**

TIME KEEPER'S REPORT

Event No.: **62** Event: **1500m Run** Category & Group **Women / 20 yrs**

Date: **23/11/2019** Time Hrs.: **16:00 Hrs** Heat no. **1 /~~FINAL~~**

National Record: **Enter National Record** Meet Record: **Enter Meet Record**

POSITION	WATCH NUMBER			ALTERNATE WATCH		OFFICIAL TIMING	REMARKS
	No. "1"	No. "2"	No. "3"	No. "1"	No. "2"		
FIRST	4:32.6	4:33.0	4:32.4			4:32.6	
SECOND	4:35.4	4:36.0				4:36.0	
THIRD	4:38.5	4:38.5				4:38.5	
FOURTH	4:40.6	4:40.8				4:40.8	
FIFTH	4:44.4					4:44.4	
SIXTH	4:45.8					4:45.8	
SEVENTH							
EIGHTH							

CHIEF TIME KEEPER
 NAME **Name of Chief T.K**
 SIGNATURES **Sign. of Chief T.K**

TIME KEEPERS

NAMES:	SIGNATURES
1 Name of T.K 1	Signature of T.K 1
2 Name of T.K 2	Signature of T.K 2
3 Name of T.K 3	Signature of T.K 3
4 Name of T.K 4	Signature of T.K 4



FILLING THE REPORT OF REFEREE TRACK

Name of the Institution **Athletics Federation of India**
 Name of the Championships **National Inter State Junior Athletics Championship**
 Venue & Dates **DELHI, 22nd – 28th November 2019**

REPORT of REFEREE TRACK								
Event no.: 62	Event: 1500m Run		Category & Group: Women / 20 yrs					
Time Hrs: 16:00 Hrs	Date: 23/11/2019		Heat no. 1 FINAL					
National Record: Enter Nat. Record			Meet Record: Enter Meet Record					
JUDGES	1st PLACE	2nd PLACE	3rd PLACE	4th PLACE	5th PLACE	6th PLACE	7th PLACE	8th PLACE
JUDGE "1"	456							
JUDGE "2"	456	211						
JUDGE "3"		211	645					
JUDGE "4"			645	135				
JUDGE "5"				135	323			
JUDGE "6"					323			
JUDGE "7"								
JUDGE "8"								
FINAL RESULT								
POSITION	BIB No.	NAME of the ATHLETES	UNIT	PERFORMANCE	REMARKS			
FIRST	456	Sunita Singh	Delhi	4:32.6				
SECOND	211	Priya Joshi	Mah	4:36.0				
THIRD	645	Anuradha Ghosh	W. B.	4:38.5				
FOURTH	135	Shirley Koshy	Kerala	4:40.8				
FIFTH	323	Parmeet Kaur	Punjab	4:44.4				
SIXTH	513	Shreelatha	T. N.	DQ (TR-17.3.2)				
SEVENTH	298	Komal Patel	Guj	DNF				
EIGHTH	499	Manu Kumari	U. P.	DNS				
		NAME	SIGNATURES					
REFEREE TRACK		Name of Referee Track	Sign. of Referee Track					
CHIEF JUDGE - TRACK		Name of Chief Judge	Sign. of Chief Judge					
CHIEF TIME-KEEPER		Name of Chief TK	Sign. of Chief TK					

DQ – Disqualified (for infringement of rule)

Athlete Shreelatha, Bib No – 513 was Disqualified for stepping inside the kerb border on a Curve



FILLING THE LAP COUNTER CARD

Name of the Institution	Athletics Federation of India		
Name of the Championships	National Inter State Junior Athletics Championship		
Venue & Dates	DELHI, 22nd – 28th November 2019		
LAP COUNTER CARD			
Event No.: 62	Event: 5000m Run	Heat No.: ' ' / FINAL	
Date: 23/11/2019	Time Hrs.: 07:00 Hrs	Category & Group: MEN Under 20 yrs	
National Record: Enter N. R.		Meet Record: Enter M. R.	
PLEASE WRITE DOWN THE EXACT TIME WHEN THE ATHLETE COMPLETES EACH LAP.			
START TIME: 07:00 Hrs BIB No.: 416 RECORD of LAPS		START TIME: 07:00 Hrs BIB No.: 612 RECORD of LAPS	
LAP No.	TIME Hrs.	LAP No.	TIME Hrs.
25		12	
24		12	
23		11	
22		10	
21		9	
20		8	
19		7	
18		6	
17		5	
16		4	
15		3	
14		2	
13		1	
RACE		RACE	
COMPLETED / NOT COMPLETED		COMPLETED / NOT COMPLETED	
LEFT after LAPS { Mts.}		LEFT after 8.5 LAPS { 3400 Mts.}	
REMARKS <i>Bib No. 416 – Finished at 5th Place</i> <i>Bib No. 612 – D.N.F. left after 8.5 Laps (3400m)</i>			
LAP SCORER		NAME <i>Name of Lap Scorer</i>	
		SIGNATURES <i>Signature of Lap Scorer</i>	



A.F.A.

THANK YOU