

Starter Preparations & Duties

Personal Equipment

Uniform prescribed for the meet	Earplugs
Red arm sleeve	Whistle on lanyard
Raingear	Disqualification cards (red, yellow, green)
Sunscreen	Rule book (applicable book)
Sunglasses	Gun cleaning kit
Hat (outdoors)	Water
.32 caliber pistol	Small knife/scissors
.22 caliber pistol (indoor meets)	Pencil and 3x5 cards or small notebook
.32/.22 caliber blank black powder shells	Stepstool

Duties

1. Start races promptly after athletes have been turned over to the starter by the clerk of the course
2. Answer questions on the rules/conditions governing the start of each race
3. Signal by bell/pistol the start of the last lap of the race. If a lap counter is not available
4. Ensure starting blocks are set up within the competitors lane
5. Inform all competitors of warnings and/or disqualifications through use of yellow/red cards and verbal communication

Pre-Meet Preparations

1. Arrive at least one hour early
2. Attend officials meeting (if scheduled)
3. Scrutinize facility – be familiar with start/finish lines, exchange zones, track layout; location(s) for starter/recall starter; electronic equipment location(s), safety concerns, condition of blocks
4. Check with Meet Director and Referee - verify meet schedule, any specific equipment to be used (blocks, headphones/radio communication systems, etc.)
5. Check with Clerk of the Course - review schedule, review clerk/starter instructions so no overlap
6. Check with Head Finish Judge - verify signals between starter/ finish judges (if any)
7. Check with Electronic Equipment Operator (EEO) - check all equipment, verify equipment locations, verify signals between starter/EEO (if any)
8. Check with Announcer & Clerk to synchronize watches for time schedule of meet
9. Meet with Recall Starter/s – walk the track, review schedule of duties, positions (straight-aways & turns), hand signals
10. Meet with television reps (if applicable) regarding timing, schedule; make necessary accommodations

Considerations

1. Runners on the track – look before you step onto the track; sprinters warming up – watch before stepping into another lane as sprinters are getting blocks set
2. Throwing & jumping events – be aware of athletes beginning their approach/run-up (particularly indoors); coordinate with head officials of those events regarding your starts.
3. Starter's position for races stated in lanes - if a Starter stands 25 meters away from lane 1 and 70 meters away from lane 8 when the gun is fired for a 400m race, Lane 1 will hear the sound in .08 seconds; and Lane 8 will hear it in .21 seconds. The difference is .13 seconds, or the equivalent of Lane 8 having to run an additional meter.