



READING ATHLETIC CLUB GUIDE TO TRACK AND FIELD COMPETITIONS

BEFORE LEAVING HOME

Please ensure you wear a plain T-shirt and bring with you **8 safety pins, spikes/trainers, food and drink also warm/wet weather clothing**

AT THE MATCH

Please aim to arrive at the meeting at least **One Hour** before your first event to collect competition numbers and allow sufficient time to warm up. You need to wear your competition numbers back and front and they should be secured in each corner with the safety pins. Listen to announcements/team manager/coaches regarding when you should report for each of your events. By the way, it is not a good idea to eat within 30 minutes of competing!

TRACK EVENTS

You have to report to the marksman near to the start line. If it is a sprint race (75m & 150m) he will tell you which lane you run in and you **MUST** stay in that lane for the whole race. When the marksman is happy, the starter takes over. He is the man in the red jacket with a gun in his hand! (Don't worry, it only fires blanks!) He will say "On your Marks" and you choose whether to do a standing or crouch start. Crouch start is the best but if you are unsure which to do, do a standing start! When everyone is settled, he will say "set" followed by firing his gun, which is "**GO**". If his gun fires again immediately, **STOP!** because it is a false start. You will then be recalled to start again.

If it is a middle distance race (600m, 1000m) you start on a curved line. You may head towards the inside lanes straight away. For these races, you only do standing starts and the starter will say "On your Marks" followed by the gun firing to start the race.

At the end of any race run through the finish line (in other words don't ease up before the line!) You will then need to face the track judges on the stand at the finish line so they can record your race number and the position you finished.

FIELD EVENTS

You have to report at the actual event site (if in doubt – please ask) when you see the group of judges waiting for you. They will record your name and club. You will be allowed time to measure run-ups (if you know them) and/or have practise attempts before the start. The judges will tell you the order in which you compete. At the end, they will tell you your best attempt. Don't forget to thank them for helping you – after the event has ended!

SAFETY IS VERY IMPORTANT NEVER CROSS THE TRACK OR A LONG JUMP RUNWAY WITHOUT LOOKING BOTH WAYS FIRST. If there is a jumps competition in progress, ensure you walk round it not across it. **ALSO NEVER EVER ENTER THE ROPED OFF THROWING AREAS.**

LAST BUT NOT LEAST do your best, cheer your team mates on and enjoy your day!!

