

Track and Field Rules & Requests

On the Track:

- Track events always take priority, if you have a field event close to the time of a track race, please register with the field event first.
- All clubs promote good sportsmanship, please shake hands after each race with your fellow runners.
- Tears on the track highlights to officials that medical attention is required. Whilst we are fully aware how much pressure athletes put themselves under, all athletes are competing for the same reason, so please try to stay composed if no injury sustained.
- Races always run anti-clockwise on the track. To avoid collisions, always look out for other users practising starts or relays. If someone shouts 'TRACK' please move out of the way immediately, the runner will attempt to move around you, so don't stop suddenly!

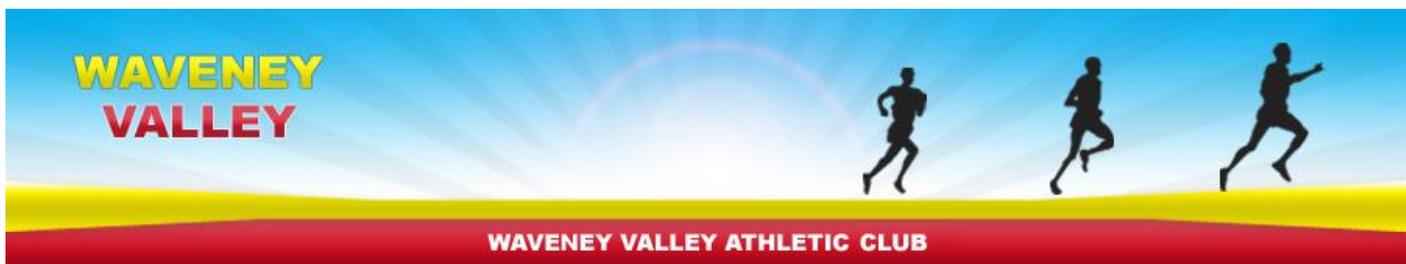
Field Events:

- Field events open registrations early to allow athletes to prepare, practice and register. Ensure you arrive in good time to do this and register/prepare for field before going to a track event.
- When returning from a track event, you will enter the field at that point. i.e High jump will not lower the bar because you were racing, if long jump/throws are on round 2, you will have missed round 1.
- Remain in ear shot to the officials. There is a 30sec time limiter from when official call your name and the athlete commencing. They will enforce it if necessary. So keep talking to a minimum during an event, if you cannot hear your name being called you are at risk of being missed for that round.
- Make sure the runway and landing area is clear before commencing.
- No part of the athlete's foot should touch/cross the foul line, if it does, it will not be measured.
- Field events usually have three attempts and are measured from the foul line to closest mark.
- Jumpers must walk forward first to exit the pit, without creating a closer mark in the sand than the initial landing.
- Throwers must leave at the rear of the circle/not cross the foul line after the throw.
- A thrower horn will sound when the area is clear for your next throw to commence.
- NEVER venture into a throwing area or retrieve implements without prior consent of the official.

General:

- Numbers/Letters must be pinned (all four corners) to the front and backs of the shirt positioned under the club name (back number/letters should be removed for high jump). The letters are double sided: single letters represent A string and double letters represent B string. Please ensure these letters correspond with the string you are entered for as these may change for every event. In most competitions if the B string out performs the A string, scoring officials will swap the strings over.

www.waveneyvalley.org / Chairman: Alan Fairs, 01502 513176 / Junior Co-ordinator: Michaela Gooch, 07941423244



As a Parent:

- Please offer to help at meets. Coaches already give up a lot of time at training, but that's only a small part of it, they also invest a lot of admin time, planning etc. It's beneficial to keep coaches' on hand for our athletes during the meet. The more volunteers we have, the less everyone has to do!
- Whilst you do not need a qualification to help officiate, any parent wishing to undertake the officials course and attends competitions regularly will have the course fees covered by the club.
- We prefer athletes to wear spikes. They make a big difference. Also, thankfully, this is the only big gear expense of running track and field at the high school level.
- Don't argue with an official. Reading this in a rational state it's easy to assume you would never do that. But we love our kids, so things can get heated. Regardless - yelling won't solve anything.
- Unless you are a qualified coach, please leave the technical and tactical advice to the experts. The best bet of a parent is to provide emotional support pre and post race.
- Please bring packed food & drink. This might sounds obvious, but buying food at the meet isn't always an option and it's a long day. Better safe than sorry.
- British weather is unpredictable, some parents prefer to pitch a small/pop up tent to shelter in and keep belongings secure/dry. The weather has to be very extreme for a meet to be called off!
- Always supply sun cream, every year we have a sunburnt athlete - even on the cloudiest of days!
- While support is appreciated, some young athletes want more support, whilst others prefer to do it alone. Please respect their decision.
- Remind your child that everyone makes progress at different rates, and they will not achieve personal bests every time, focus on their own performance and how they feel they can improve.
- The most important thing to remember is that track and field at this level should be fun. If your child continues in the sport, there will be many years devoted to hard work and seriousness. The best advice you can give your child is to enjoy themselves – because athletics is a great sport!

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