

# 60m sprint

**Material:** Writing pad, writing utensils, plastic pencil case, stopwatch, start flap or starter pistol.  
(in case there are no markers): Measuring tape to measure the 60m and run-out, 15 marker cones/hats (every 10m)

## The facility



Mark start and finish lines, if not permanently installed/marked; e.g. by means of marking cones / cones.

Length of track: 60m + run-out zone (min. 10m).

Track width: min. 75 cm (normal: 122 cm)  
Sprinting is allowed on any surface, i.e. grass, asphalt, etc. is allowed!

## Start

- The starter makes sure that the runners line up behind the start line.
- High and low starts are allowed.
- The start command is:  
"On your marks" - "Ready" - strike with the bat (or shoot with the pistol)

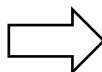
## Volunteers

3 helpers - division of tasks

- **Starter:** Organisation of the arriving groups  
+ call names  
+ watch for crossing and false starts  
+ when sprinters and timers are ready, give the start signal
- **Timers:** check that the track is clear  
+ watch for start signal  
+ start the time  
+ check finish  
+ stop time
- **Scribe:** Check for clear  
+ write time

## Timing

- On the start signal (when the two halves of the starting wood touch or when the smoke rises from the gun) the timekeepers start the stopwatch.
- The stopwatches shall be stopped as soon as the runner crosses the finish line in his lane with his body (not with extremities such as head, arms and feet).



## False start rule

- If a sprinter reacts before the start signal, this will be judged as a false start and called back (possibly whistle or double bang as a return shot).
- If a sprinter causes a false start for the 2nd time, then his 60m sprint will be scored with "0" points.

## Recommendations for the competition procedure

- For the scribe as well as for the athletes it is advantageous to have a clear order according to start numbers.



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