

Cross Country Audio/Visual Start with a Time Countdown

EQUIPMENT:

- Voice amplification system
- Clock
- Brightly colored vest and sleeve
- Whistle
- Red flag, starting device (for the starter)
- Yellow / White flags
- Recall Device (for the recall starters).

PROCEDURES WITH ANNOUNCEMENTS

1. "Fifteen (15) minutes to race start time." TEAMS and INDIVIDUALS are introduced.
2. "Ten (10) minutes to race time."
3. "Five (5) minutes to race time." INSTRUCTIONS regarding the course, rules, and starting procedure are announced. Runners are to remove their warm-ups at their own discretion. It is their responsibility to be attired in a legal uniform and ready for Step 7 below.
4. "Four (4) minutes to race time." ATHLETES and COACHES are allowed to continue preparation for the race in front of their own alley.
5. "Three (3) minutes to race time."
6. "Two (2) minutes to race time." All NON-COMPETITORS, including coaches, are instructed to clear the starting area. Runners may continue to warm up and prepare for the "start".
7. "One (1) minute to race time." NO MORE WARM UPS. Runners are to line up two (2) steps behind the starting line and prepare for the starter's Audio/Visual signals as described below.
8. "Thirty (30) seconds, (LAST VERBAL announcement recommended)," 15 seconds, 10 seconds, 5 seconds. At zero (0) seconds, the starter will hold the STARTING DEVICE and RED flag parallel to the ground and give one long blast of the WHISTLE. This is the signal for the runners to step up to, but not touch, the starting line and become motionless.
9. The starter slowly raises the starting device and red flag overhead. When all runners are set and motionless and the RECALL STARTERS signal with a white flag, the starting device is fired (AUDIO) and at the same time, the RED FLAG is motioned downward (VISUAL), indicating the start of the race.
10. The starter and recall starters shall OBSERVE the runners for 100 METERS to detect any obvious infractions and possible need for a re-start. (NOTE: In large meets, it is advisable to have the RECALL STARTER at the 100-meter mark.)

Figure A –
Starter's Signals

