

3 MAN STARTING MECHANICS

STARTER 'A': This starter will initiate the start of the race.

In straight races, this person will stand to the side and up the track in the usual starting position. This starter will always accept the ready signal (open left hand palm up at the side) from **STARTER 'B'**. **STARTER 'A'** will observe the entire field and middle lanes at the gun.

On staggered races up through a three turn stagger, will stand on the infield well off the curb. Will receive the ready signal from **STARTER 'B'** and observe lanes 4-5-6 until the sound of the gun.

During races with a waterfall start, the starting position would be in advance of the runners, within the infield observing the entire group.

When run in alleys, he/she will be responsible for the group nearest the curb. After the start, observe the action at the rear of the pack.

STARTER 'B' (RECALL): During straight races, stand on the side of the track opposite **STARTER 'A'** at the starting line. **STARTER 'B'** would be responsible for lanes 1-2-3-4-5 in particular, but all lanes would be under his/her observation. When all contestants are on their marks, upon receiving the ready signal from **STARTER 'C'** (open left hand palm up at the side), convey the ready signal to **STARTER 'A'** in all races.

For races up through a three or four turn stagger, this starter should stand on the outside of the track between the start line for lanes 4 & 5, opposite **STARTER 'A'**, observing the start for lanes 4-3-2-1. (The preparedness signal to **STARTER 'A'** should only be conveyed after checking with **STARTER 'C'**).

During waterfall starts, stand in advance of **STARTER 'A'**. on the side opposite **STARTER 'A'**.

When an alley is used, you are responsible for the front group. After the start, observe the action at the rear of the group.

STARTER 'C' (RECALL): During straight races, stand on the infield side. This starter should view lanes 9-8-7-6-5 in particular, but all lanes would be under his/her observation.

During races through a three or four turn stagger, this starter should be beyond the farthest stagger position, on the outside of the track, responsible for lanes 9-8-7-6-5. **STARTER 'C'** will identify initially, the athletes' preparedness to start to **STARTER 'B'**.

During waterfall starts, **STARTER 'C'** should be standing at the end of the first 100 meters concentrating totally on the fully automatic timing (FAT) operator. This starter would be responsible for both FAT recall and spills during the first 100 meters.

NOTE:

Whichever **STARTER 'B'** or **STARTER 'C'** has the clearest view of the FAT operator, concentrate on a possible recall from their position. However, each starter should observe the action of the FAT operator and react to his signal.