

San Diego County Track Starters Association

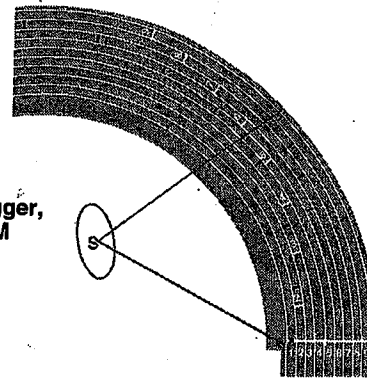
Starters Mechanics and Positions

April 2013



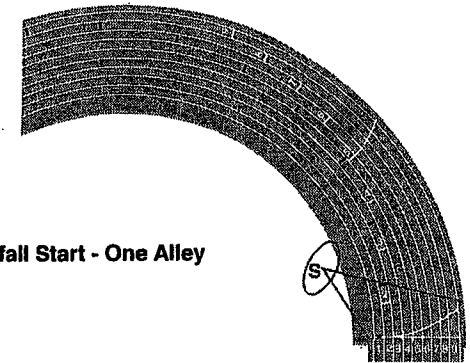
One Man Crew, Cont.

One Turn Stagger,
200 & 800 M



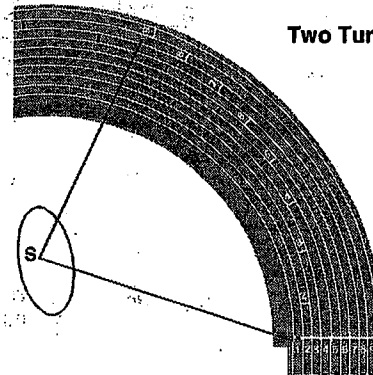
One Man Crew, Cont.

Waterfall Start - One Alley

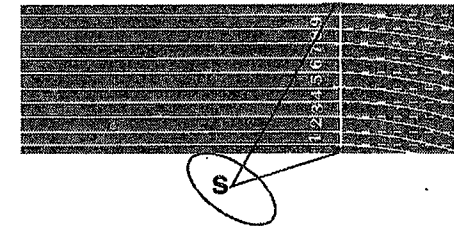


One Man Crew, Cont.

Two Turn Stagger

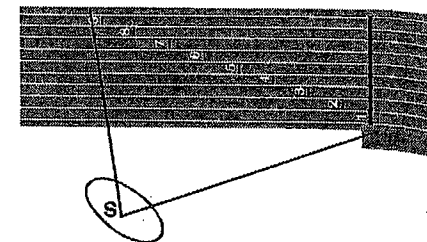


One Man Crew
Scratch Start



One Man Crew, Cont.

One Turn Stagger - 300 M



These diagrams and Lines of sight were developed by James E. Leahy[copyright Jan. 2011] and the Southern California Track Starters Association. They are used with their permission.

IN ALL CASES THE GOAL IS TO CREATE A FAIR START FOR ALL COMPETITORS.

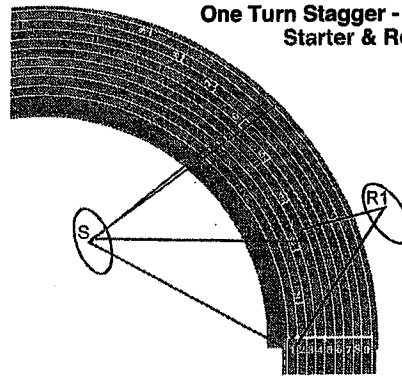
NOTE: In 1,2 or 3 Man Mechanics, the Lead Starter[S] has charge of the entire field of competitors.

Positions indicated are OPTIMAL, but may need to be modified based on obstructions of the lines of sight at some venues.

Hand signals when used[for 2 & 3 Man Mech.], indicate READINESS for the call : "On Your Marks". They can vary from minimal motion, palm turned towards[thumb-up] fellow Starter (USATAF and NCAA recommended) to the Arm raised towards shoulder height. Which signal is used should be discussed and determined prior to the meet by the Starters involved.

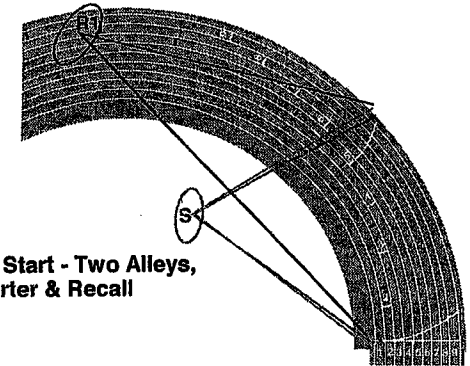
Two Man Crew, Cont.

One Turn Stagger - 200 & 800 M Starter & Recall



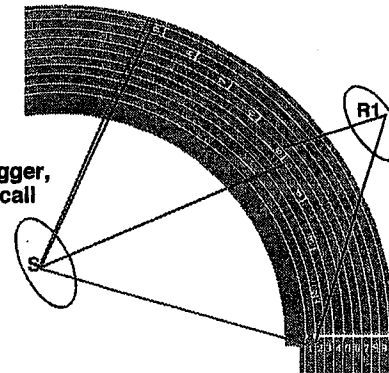
Two Man Crew, Cont.

Waterfall Start - Two Alleys, Starter & Recall

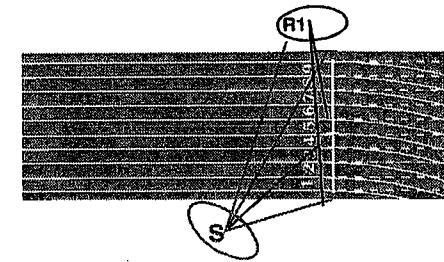


Two Man Crew, Cont.

Two Turn Stagger, Starter & Recall

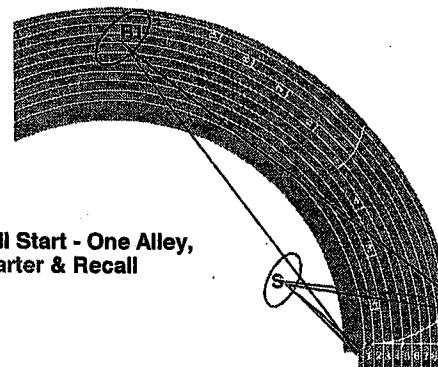


Two Man Crew
Scratch Start
Starter & Recall

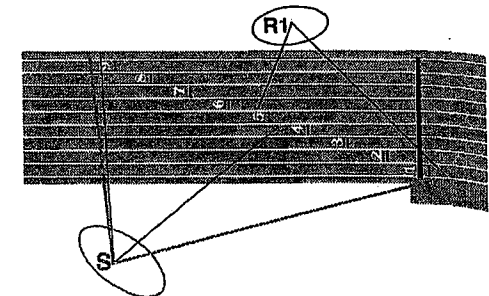


Two Man Crew, Cont.

Waterfall Start - One Alley, Starter & Recall



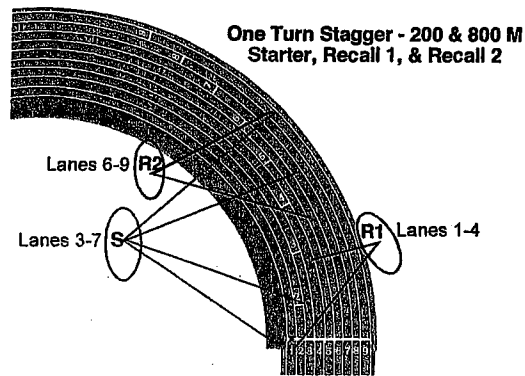
Two Man Crew, Cont.
One Turn Stagger - 300 M
Starter & Recall



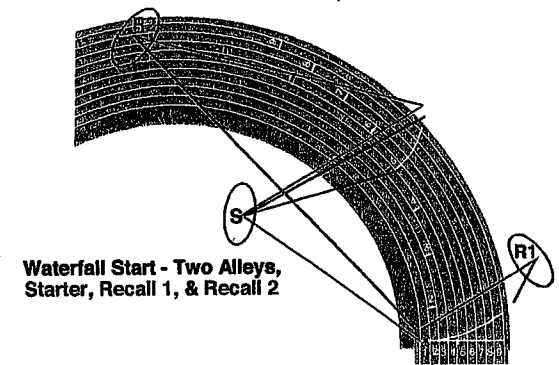
In 3-Man Mechanics, 2nd Recall Starter[R2], signals 1st Recall Starter[R1], who then signals the Starter[S] when ALL competitors are ready.

Note: When Water Fall Starts with Alleys are used, an additional Official is necessary to monitor the Break-line.

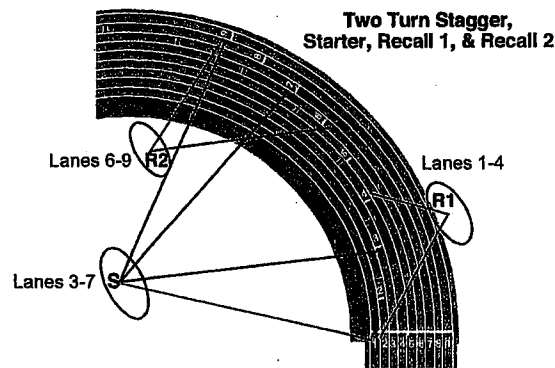
Three Man Crew, Cont.



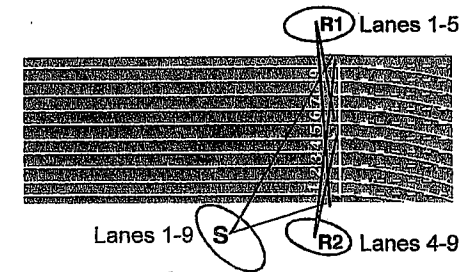
Three Man Crew, Cont.



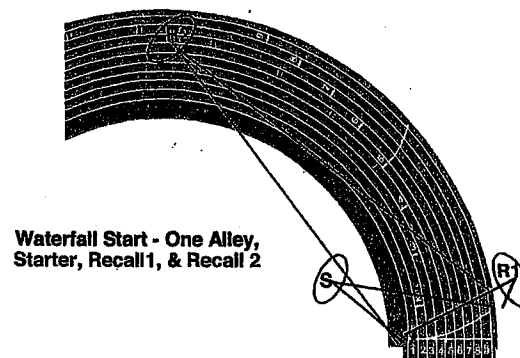
Three Man Crew, Cont.



Three Man Crew
Scratch Start
Starter, Recall 1, & Recall 2



Three Man Crew, Cont.



Three Man Crew, Cont
One Turn Stagger - 300 M
Starter, Recall 1, & Recall 2

