

Clerk Work Book

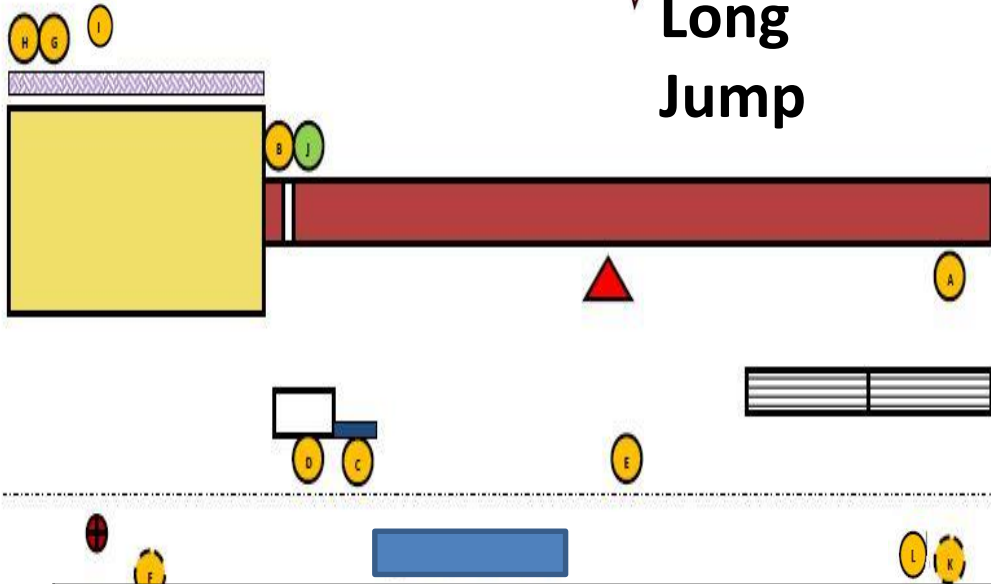
Print to A5 Double sided
slides in colour

LONG JUMP

- Pit dug, level
- Take-off troughs empty of water
- Take-off board firm, level
- Hex key for adjusting or locking board
- Screwdriver to lift indicator board
- Runway markers, labels
- Duct tape
- Tape down side of runway 40m
- Tape at 3m from scratch line (5x10cm)
- Wind gauge set
- 40m cone marker
- Clock
- Scoreboard
- Broom/ Brush
- Rakes
- Board markers
- No-jump indicators
- Markers for warm up indicating
- Roller or gauge
- Spare plasticine
- Tape (30m)
- Spike
- Distance marker boards
- Flags 2x red, 4x yellow, 1x white
- Cone for runway control
- EDM set up
- Check mark's positioned and recorded
- Athlete seating
- Officials' seating
- Bin
- Water for athletes
- Watering can

- Chalk for disability setup
- Quiet signs for control
- Seating for athlete guides

Long Jump



Long Jump

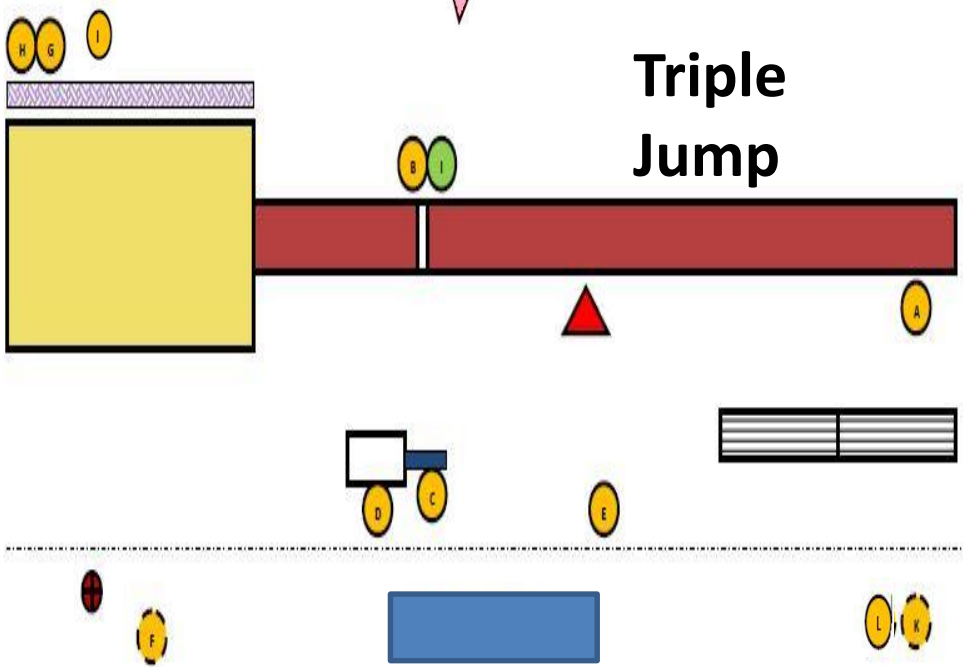
Duties

A	Chief judge, brief athletes, call-up, runway control, check results, sign card
B	Cone, take-off board, validity of jump, flags, escort athletes to mixed zone
C	Replace plasticine indicator
D	Card 2, data input, check scoreboard
E	Wind gauge operator, record wind speed, time clock operator
G	Pit judge, EDM Spike
F	EDM Operator
H	Pit Judge, level sand
I	Pit Judge, level sand
J	ITO
K	Athlete steward outside track
L	Athlete steward outside track

TRIPLE JUMP

- Pit dug, level
- Take-off troughs empty of water
- Take-off board firm, level
- Blanks fit and marked
- Hex key for board adjusting and locking
- Runway markers, labels
- Duct tape
- Tape down side of runway 40m
- Tape at 3m from scratch line (5x10cm)
- Wind gauge set
- 35m cone marker
- Clock
- Scoreboard
- Broom/ Brush
- Rakes
- Board markers
- No-jump indicators
- Markers for warm up indicating
- Roller,
- Spare plasticine
- Tape (30m)
- Spike
- Distance marker boards
- Flags 2x red, 4 x yellow, 1x white
- Cone for runway control
- EDM set up
- Check mark's positioned and recorded
- Athlete seating
- Officials' seating
- Bin
- Water for athletes
- Watering can

- Chalk for disability setup
- Quiet signs for control
- Seating for athlete guides



Triple Jump

Triple Jump

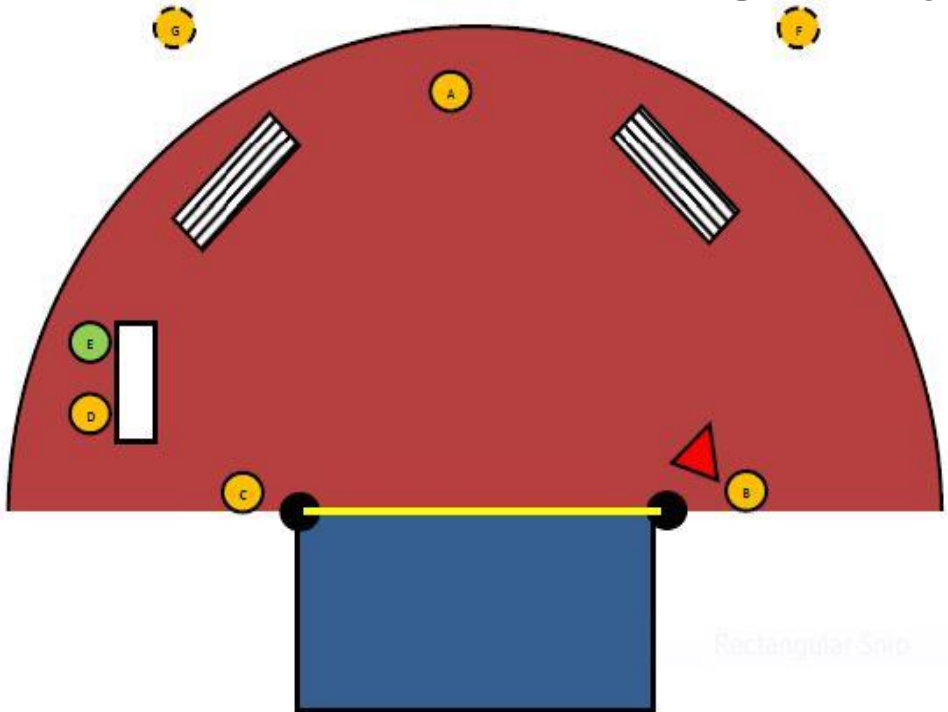
Duties

Triple Jump	
Duties	
A	Chief judge, brief athletes, call-up, runway control, check results, sign card
B	Cone, take-off board, validity of jump, flags, escort athletes to mixed zone
C	Replace plasticine indicator
D	Card 2, data input, check scoreboard
E	Wind gauge operator, record wind speed, time clock operator
F	Pit judge, EDM Spike, Foot sequence
G	EDM Operator
H	Pit Judge, level sand
I	Pit Judge, level sand
J	ITO
K	Athlete steward outside track
L	Athlete steward outside track

HIGH JUMP

- Stands in working order
- Ensure uprights have no additional supports
- Ensure bed is safe
- Ensure surrounds are clear and safe
- Kerbing removed
- Base line, ext lines
- Bars
- Ensure runway clear
- Runway markers and labels
- Duct tape
- Drawing pins
- Brush
- Scoreboard
- Next athlete indicator
- Clock
- Windsock
- Measure device
- Flags 2x red, 4x yellow, 1x white
- Bar lifters
- Cone for control
- Athlete seating
- Officials' seating
- Bin for clearance at end
- Water for drinking
- EDM setup
- EDM checks recorded

High Jump



High Jump

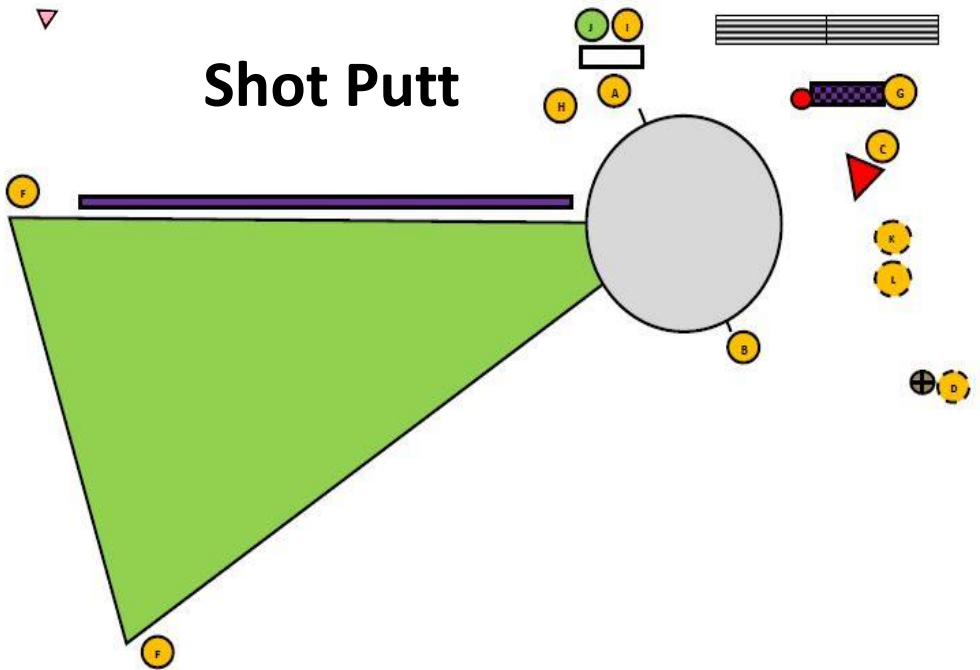
Duties

A	Chief judge, brief athletes, call-up, card 2, runway control, height progression, fan control, check results, sign card
B	Control warm-up, set bar, plane of uprights, measure, operate clock, escort athletes to mixed zone
C	Set bar, cone, validity of jump, flags, assist with measure
D	Card 1, data input, check scoreboard
E	ITO
F	Athlete steward outside track
G	Athlete steward outside track

SHOT

- Circle, clean and dry
- Stopboard safe
- Centre line and extension
- Sector accurate
- Distance boxes
- Sector flags
- Safety sector, area roped off
- Brush
- Rake for landing area
- Mat
- Chalk
- Cloths
- Clock
- Scoreboard
- Next athlete indicator
- Cone for circle control
- Small cone for circle marker by athlete
- Tape
- Spike
- Flags 2x red, 1x yellow, 1x white
- EDM set up
- Check mark's positioned and reported
- Athlete seating
- Officials' seating
- Water for athletes
- Bin for rubbish
- Implement return chute setup
- Disability fixings in place (bar and screws)
- Disability straps in place

Shot Put



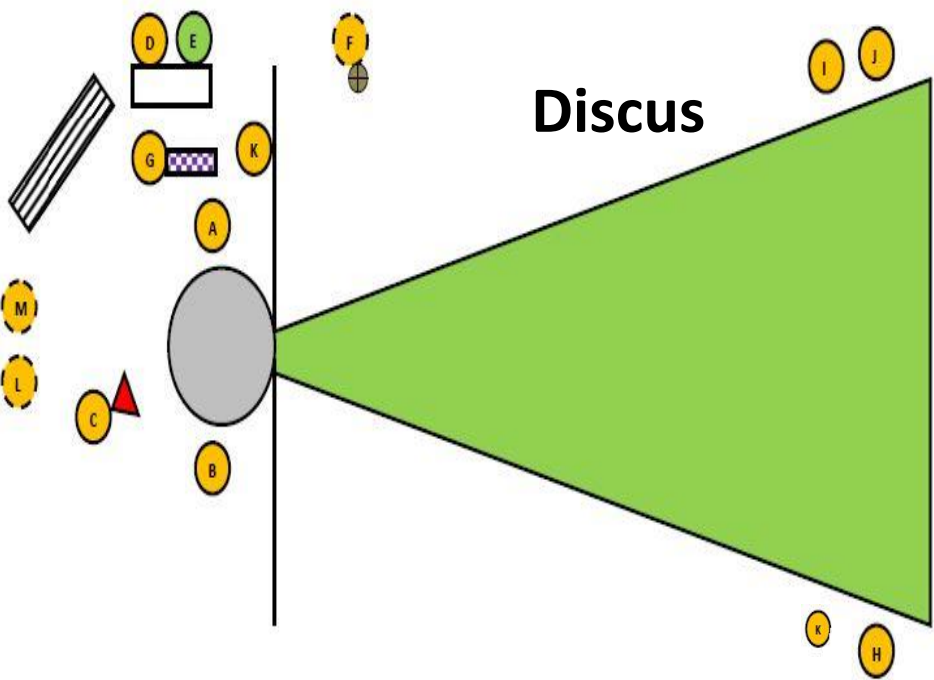
Shot Put

Duties

A	Chief judge, brief athletes, call-up, cone, front/rear of circle, check results, sign card
B	Front and rear of circle, flags, escort athletes to mixed zone
C	Rear of circle, arm action, time clock
D	EDM operator, Card 1
E	Sector judge, EDM spike
F	Sector judge, impleemnts to chute, adjust individual distance markers
G	Implement control, record implement used
H	Implement from chute to stand
I	Card 2, data input, check scoreboard
J	ITO
K	Athlete steward outside track
L	Athlete steward outside track

DISCUS

- Circle, extension lines
 - Cage netting
 - Gates secured open
 - Sector checked
 - Distance boxes
 - Sector flags
 - Safety sector roped
 - Brush
 - Mat
 - Chalk, cover
 - Cloths
 - Clock
 - Scoreboard
 - Next athlete board
 - Circle cone
 - Cone for circle marking by athlete
 - Horn or cards
 - Tape (100m)
 - Spike
 - Flags 2x red, 1x yellow, 1x white
 - EDM set up
 - Check mark's positioned and reported
 - Athlete seating
 - Officials' seating
 - Water for athletes
 - Bin for rubbish
-
- Disability fixings in place (bar and screws)
 - Disability straps in place



Discus

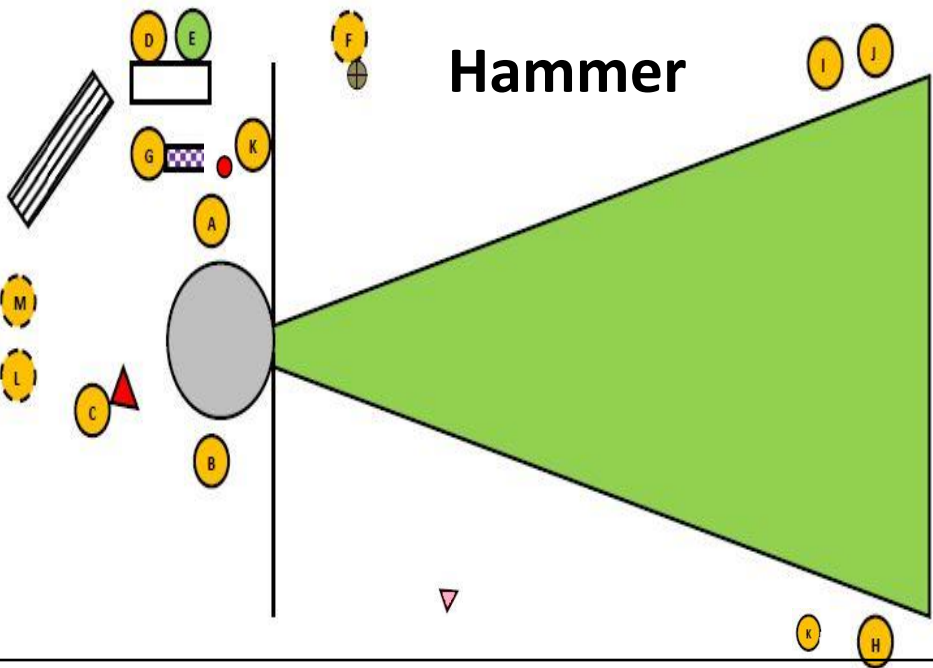
Duties

A	Chief judge, brief athletes, call-up, cone, front/rear of circle, check results, sign card
B	Front / rear of circle, flags
C	Rear of circle, landing and exit, time clock, escort athletes to mixed zone
D	Card 2, input data, check scoreboard
E	ITO
F	EDM operator, card 1
G	Implement control, record implement used
H	Sector judge, EDM spike
I	Sector judge, retrieve implement, adjust individual distance markers
J	Retrieve implements
K	Retrieve implements
L	Athlete steward outside track
M	Athlete steward outside track

Hammer

- Circle, extension lines
- Cage netting
- Gates checked and secure points located
- Sector checked
- Distance boxes
- Sector flags
- Safety sector roped
- Brush
- Mat
- Chalk, cover
- Cloths
- Clock
- Scoreboard
- Next athlete board
- Circle cone
- Cone for circle marking by athlete
- Horn or cards
- Tape (100m)
- Spike
- Flags 2x red, 1x yellow, 1x white
- EDM set up
- Check mark's positioned and reported
- Athlete seating
- Officials' seating
- Water for athletes
- Bin for rubbish
- Ladder available for removing implements
- Cable ties for netting repairs

Hammer



Hammer

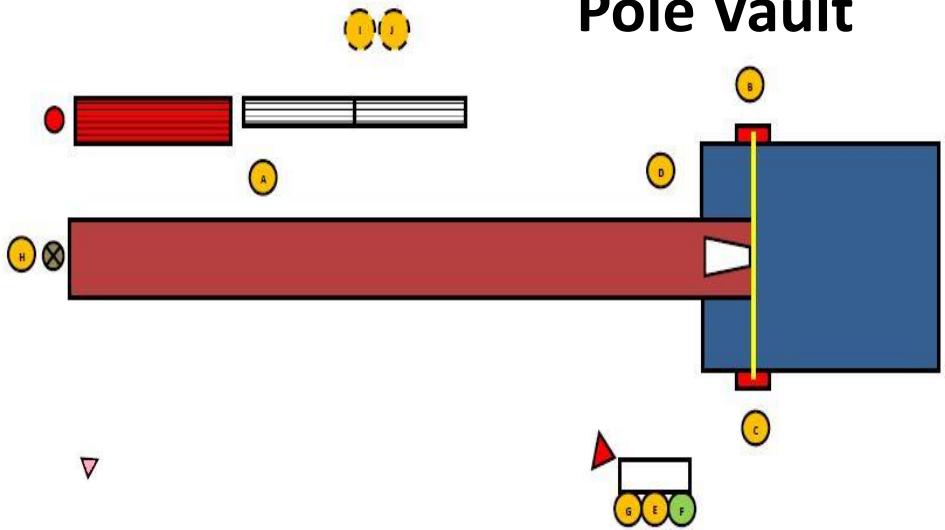
Duties

A	Chief judge, brief athletes, call-up, cone, front/rear of circle, check results, sign card
B	Front / rear of circle, flags
C	Rear of circle, landing and exit, time clock, escort athletes to mixed zone
D	Card 2, input data, check scoreboard
E	ITO
F	EDM operator, card 1
G	Implement control, record implement used
H	Sector judge, EDM spike
I	Sector judge, retrieve implement, adjust individual distance markers
J	Retrieve implements
K	Retrieve implements
L	Athlete steward outside track
M	Athlete steward outside track

•POLE VAULT

- Stands in working order
- Stands move easily on runners
- Base line, ext lines
- Bars
- Bungee
- Landing area safe
- Runway markers, labels
- Tape down runway 40m
- Tape at 5m from scratch line (5x10cm)
- Duct tape
- Box clean
- Scoreboard
- Next athlete board
- Upright position board
- Clock
- Windsock
- Chalk
- Measure
- Flags 2x red, 3x yellow, 1x white
- Bar lifters
- EDM set up
- Check marks positioned and recorded
- Athlete seating
- Officials' seating
- Water for athletes
- Bin for rubbish
- Pole rack, trolley

Pole Vault



Pole vault

Duties

A	Chief judge, brief athletes, call-up, card 2, runway control, height progression, set upright position indicator, check results, sign card
B	Adjust stands and bar, hands on pole, validity of jump, flags, plane of box
C	Adjust stands and bar
D	Adjust stands and bar, pole plant, cone
E	Card 1, data input, check scoreboard
G	Operate time clock
F	ITO
H	EDM Operator, check/ set height
I	Athlete steward outside track
J	Athlete steward outside track

JAVELIN

- Runway, arc, exit lines
- 8m spot
- 4m mark
- Sector checked
- Distance boxes
- Kerbing removed
- Sector flags
- Safety sector roped
- Runway markers, labels
- Duct tape
- Chalk
- Cloths
- Clock
- Warning horn
- Scoreboard
- Next athlete indicator
- Runway cone
- Horn
- Tape (100m), spike
- Flags 3x red, 3x yellow, 2x white
- EDM set up
- Check mark's positioned
- Athlete seating
- Officials' seating
- Water for athletes
- Bin for rubbish
- Note seated Javelin happens from circle
- Disability fixings in place (bar and screws)
- Disability straps in place

Club

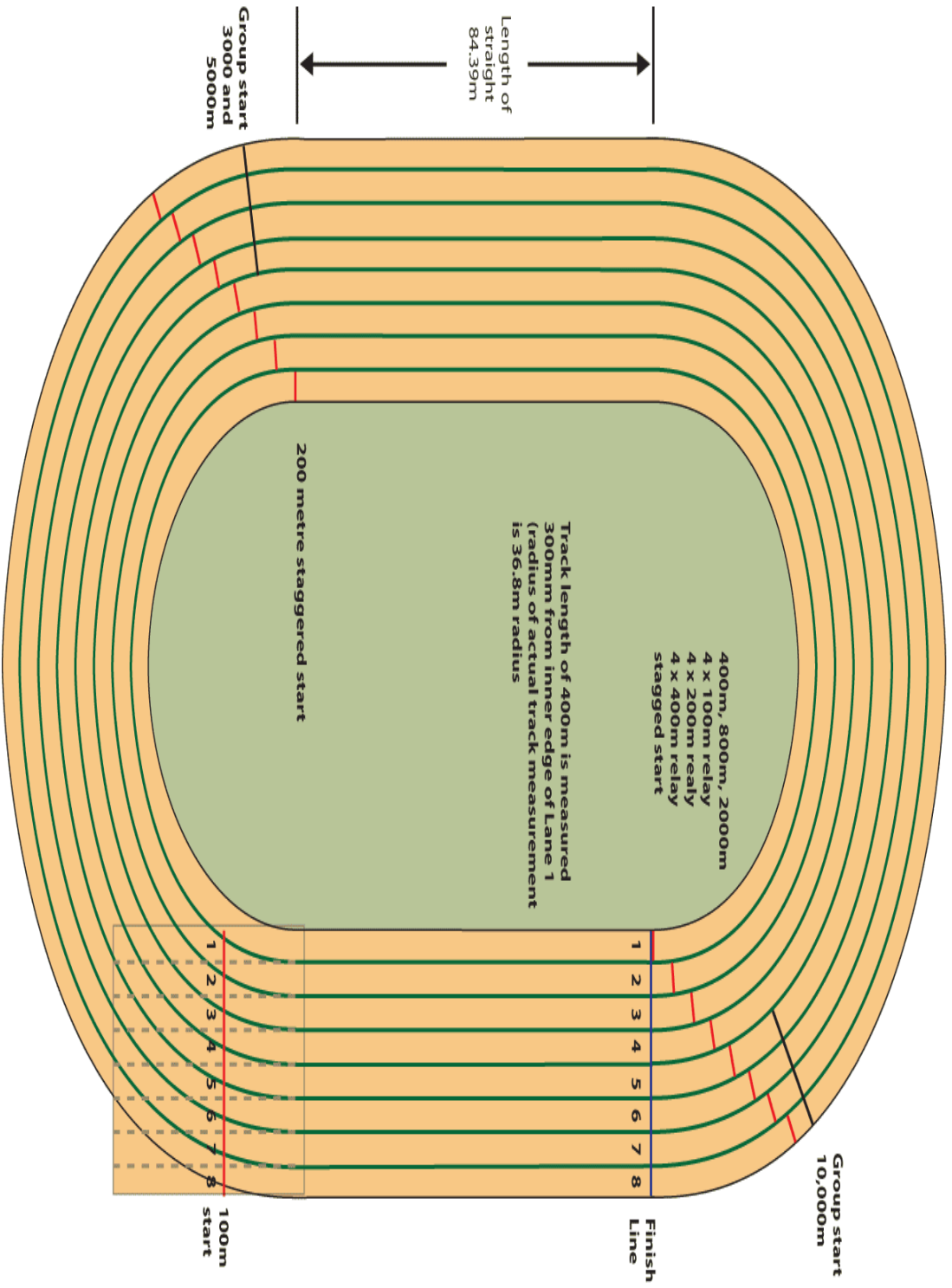
- Circle, extension lines
- Cage netting
- Gates secured open
- Sector checked
- Distance boxes
- Sector flags
- Safety sector roped
- Brush
- Mat
- Chalk, cover
- Alcohol wipes to clean implements
- Cloths
- Clock
- Scoreboard
- Next athlete board
- Circle cone
- Horn or cards
- Tape (100m)
- Spike
- Flags 2x red, 1x yellow, 1x white
- EDM set up
- Check mark's positioned and reported
- Athlete seating
- Officials' seating
- Water for athletes
- Bin for rubbish
- Disability fixings in place (bar and screws)
- Disability straps in place

Photofinish

Check with chief of photofinish or technician

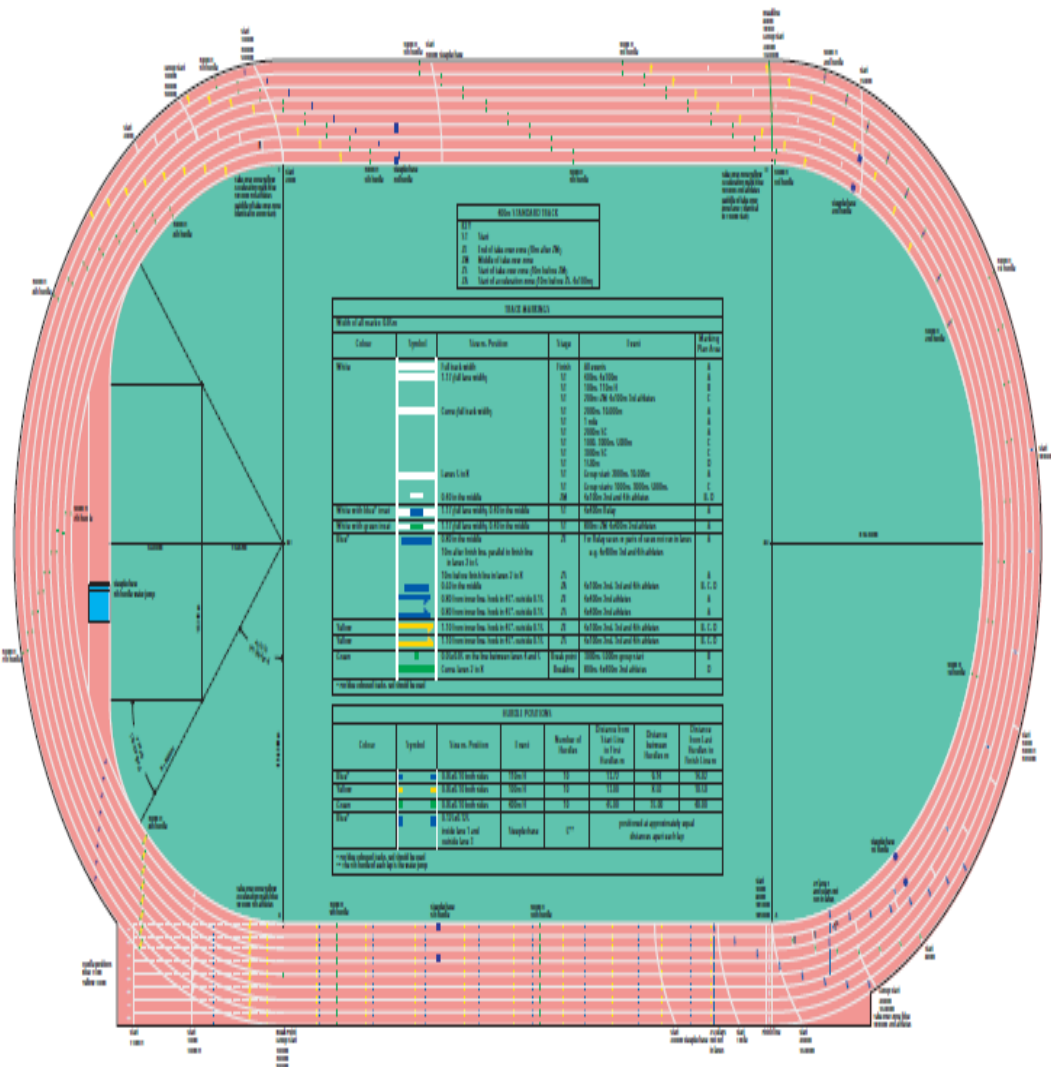
Track

- Starter podium in position
- Lapboard and bell
- Track steward table and chair
- Timekeeper steward table and chair
- Relay batons
- Flags 3x red, 3x white
- Windgauge set
- Water jump filling
- Steeplechase barriers in locations and set
- Hurdles located and arrangements made for positioning
- Track clear
- Kerbing in place or cones in place
- 800m break flag and line and prisms
- If indoors 400m break flag and line and prisms
- Time keeper cones in place
- Additional start lines marked
- Split start lines and cones determined
- Starting blocks in position and checked
- Starter PA system in place
- Yellow flag



IAAF 400 METRE STANDARD TRACK, MARKING PLAN

SCALE : 1:350



CONSTRUCTION REQUIREMENTS	m
Construction tolerances of cones provided by standard on track	±0.00
Radius of measurement line of starting lanes (±0.00m unless noted)	±0.00
Length of each straight section	80.00
Length of each bend on construction line (full line)	170.00
Length of each bend along line of starting	170.00
Length of track on construction line (full line)	340.00
Length of track along line of starting	340.00
Width of lanes providing 0.90m on outside	1.20
Width of lanes providing 0.90m on outside	1.20
Length of straight line separating line of starting where distance jump is made the 0.90m track	16.00
Width of lane expansion of Lane 1. All lanes are measured 0.90m out from the outer edge of the inner lane	
0.90m distance are measured to the distance between lines from the edge of the track however to the start to the edge of the appropriate line further from the track	
Marking of race start and hurdle position	
With measuring tape or straight only with handles or the handle according to the same angle of the standard or supports	
Marking with measuring tape or handle only as a checkered method (e.g. checking starting and supporting)	
Transitions always measure from the start (A1) and (B1) of the arc	

Lane layout in measurement line distance 0.90m from lane line (width of lane 1.20)								
Distance on Lane 1	Marking Plan Area	Start Line Lane	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
100	C	1	0.00	0.82	1.64	2.46	3.28	4.10
100	A	2	1.00	1.82	2.64	3.46	4.28	5.10
100	A	3	1.82	2.64	3.46	4.28	5.10	5.92
100	B	3	2.64	3.46	4.28	5.10	5.92	6.74

Figure 2.1.1a - Marking plan for the IAAF 400m Standard Track

Umpiring duties

Track positions (see diagram on page 8)

Positions 1 - 4 (not used for races over 110 metres)

These are behind the start line. You should take up a position that does not interfere with the athletes or the Starter or Marksman's view but where you can view the race (usually about 8 - 10 metres back). You are watching to see if athletes run out of lane, if so, did they impede another athlete? See also section on hurdles on page 9.

Positions 5 - 8 (used for all distances up to 400 metres, and some positions may be used in all other events.)

These positions are beyond the finish line. Your position should be well back from the line (15 - 20 metres) and you should stand still especially as the race nears the end. The athletes are travelling quickly and risk injury trying to miss a moving target so try to stand still. You will be looking for the same incidents as for positions 1 - 4. For races not in lanes you will also be looking for barging, pushing or deliberately running across the track to prevent others passing. See also section on hurdles on page 9.

Positions 9 - 25

These positions are spread around the outside of the track. Your position should provide you with a clear view of the track. If you are able to take up a position back from the track, especially a raised position, it will give you a better view. In races run in lanes you are looking for athletes leaving their lane. Did they step on or across the line on the inside and did it interfere with any other athlete? Did they cross the line on the outside of the lane and again did this interfere with anyone else? Remember the line on the right of the lane in the direction of the race belongs to the athlete in that lane. For other races you are checking for pushing, shoving, tripping, stepping off the track and generally looking to see if it is a fair race. If you see an infringement note down the athlete's number and any other athletes involved or affected, lane number if applicable, and as much detail as possible of the incident. If the athlete runs out of lane also include the number of strides and how far into the lane. Inform the Referee of these details at the end of the race. See item on hurdles.

Positions 26 - 38 (for safety reasons these positions are now rarely used.)

These positions are spread around the inside of the track. You are looking for the same things as those on the outside (positions 9 - 25) but, in addition, when at the ends of the arena you should be aware if the High Jump or Javelin is taking place. If so check that they do not interfere with a track race. Beware of field events taking place in the centre of the arena.

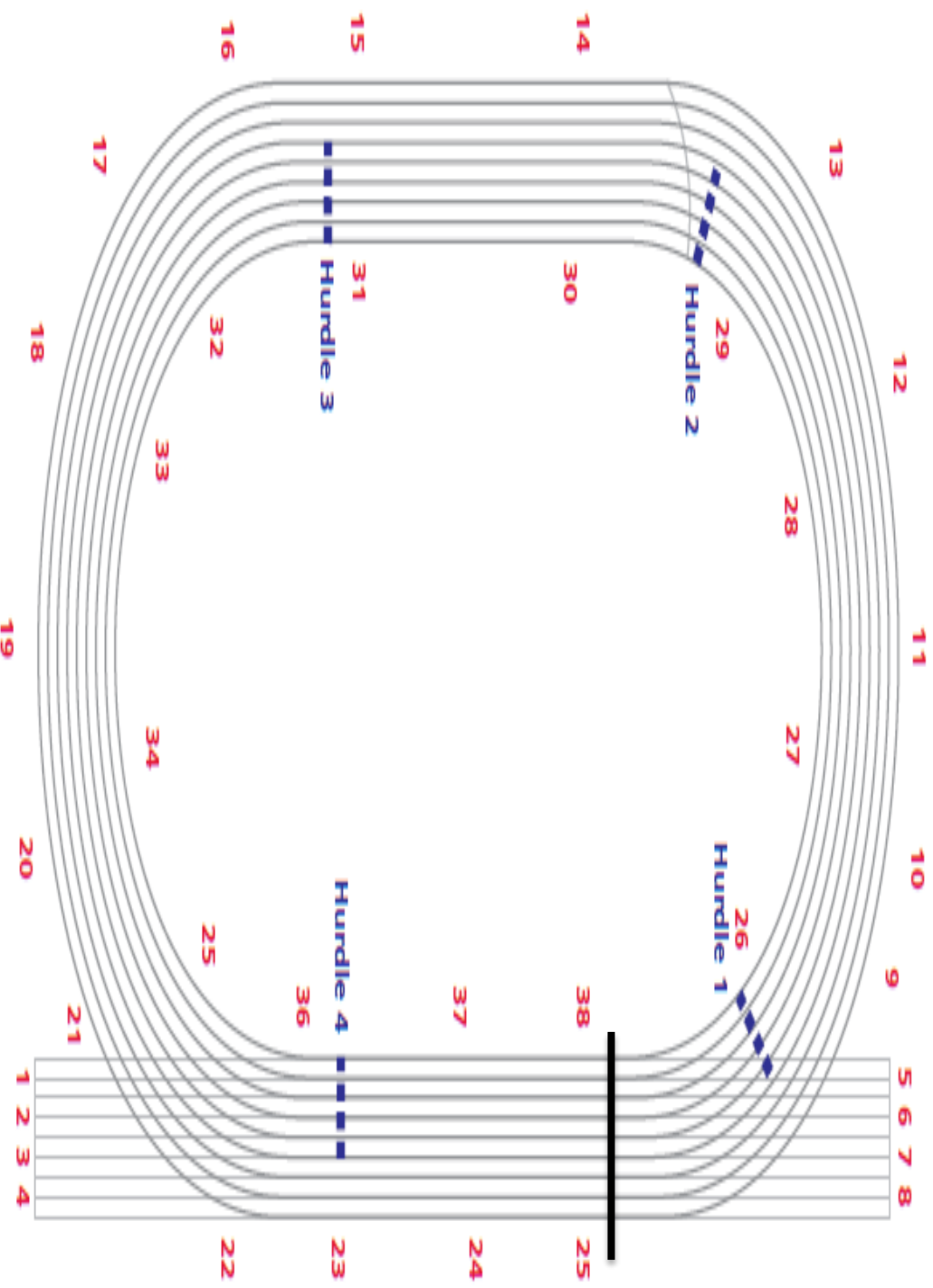
Break Line (used for 800 metres and 4 x 400 relays)

Position yourself on the outside edge of the track and approximately 10 metres beyond the line so that the athletes are running towards you and ensure you can see the break line.

Check that all the athletes cross the green line before they cut across. Raise a white flag if the break is OK but the red if not.

The Track Referee should acknowledge your flag and come to meet you if you raise a red flag. Take a note of the offending athlete's number and the position he/she was in

Positions of Track Umpires



Hurdle specifications

Age Group	Distance	Hurdle Height	Toppling Weight (kg)	Number of Flights	Track Marking
Senior Men	110	106.7	3.6	10	Blue
	400	91.4	3.6	10	Green
Junior Men	110	99.0	3.6	10	Blue
	400	91.4	3.6	10	Green
U17 Men	100	91.4	2.7	10	Yellow
	400	84.0	2.7	10	Green
U15 Boys	80	84.0	2.7	8	Black
U13 Boys	75	76.2	2.7	8	Orange
Senior Women	100	84.0	3.6	10	Yellow
	400	76.2	3.6	10	Green
Junior Women	100	84.0	3.6	10	Yellow
	400	76.2	3.6	10	Green
U17 Women	80	76.2	2.7	8	Black
	300	76.2	2.7	7	Green
U15 Girls	75	76.2	2.7	8	Orange
U13 Girls	70	68.5	2.7	8	Pink

Steeplechase specifications

Water Jump Inside

Category	Race	Distance to first barrier	Number of hurdles	Number of water jumps	Laps + metres
Senior Men	3000	257.8	28	7	7+242m
Masters Men U60	3000	257.8	28	7	7+242m
Senior Women	3000	257.8	28	7	7+242m
Junior Men	2000	203.8	18	5	5+30m
Masters Men 60+	2000	203.8	18	5	5+30m
Senior Women	2000	203.8	18	5	5+30m
Masters Women	2000	203.8	18	5	5+30m
Youths	1500	255.8	13	3	3+318m

Water Jump outside

Category	Race	Distance to first barrier	Number of hurdles	Number of water jumps	Laps + metres
Senior Men	3000	75.8	28	7	7+60m
Masters Men U60	3000	75.8	28	7	7+60m
Senior Women	3000	75.8	28	7	7+60m
Junior Men	2000	83	18	5	4+320m
Masters Men 60+	2000	83	18	5	4+320m
Senior Women	2000	83	18	5	4+320m
Masters Women	2000	83	18	5	4+320m
Youths	1500	171	13	3	3+240m

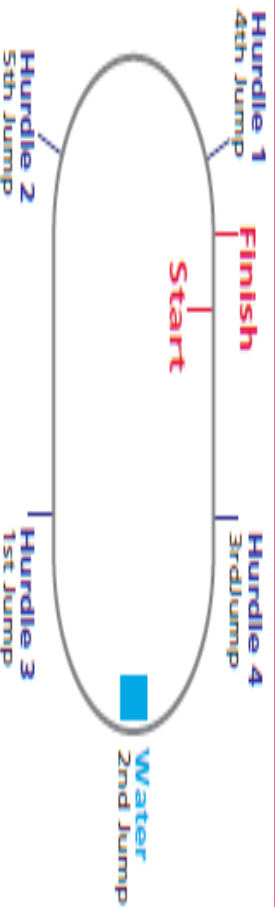
Steeplechase specifications

Rule 117 – IAAF Rule 169 – Water Jump first bend

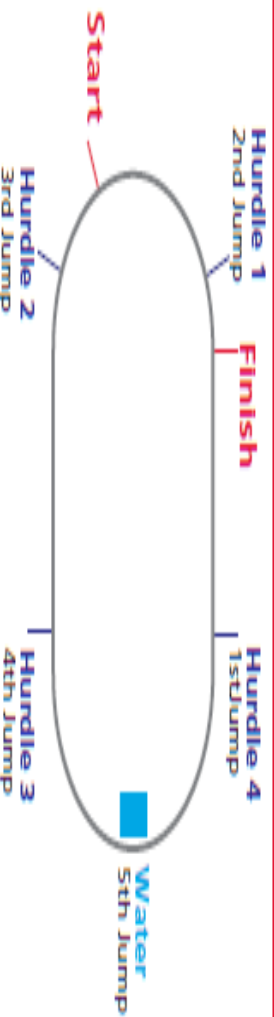
3000m Senior Men



2000m Junior Men



1500m Youths

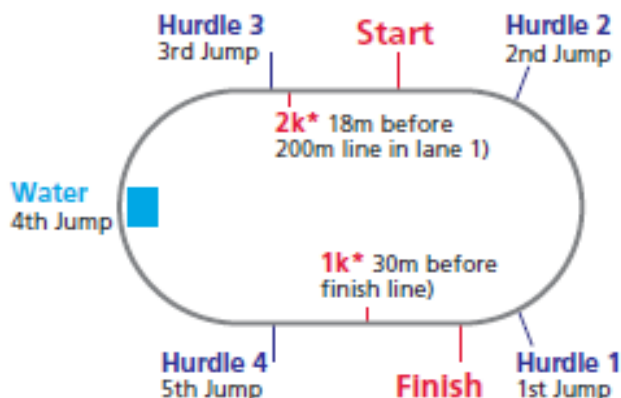


Calculations for the 1k and 2k points in the 3000m and approx start lines for all three races assume a Water Jump lap of 394m. Barrier heights Men – 91.4cm, Women – 76.2cm.

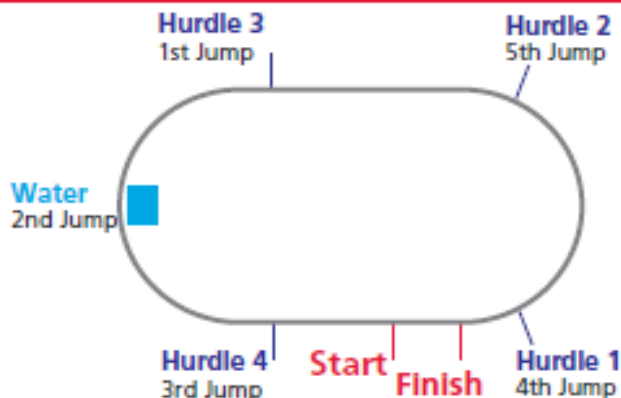
Steeplechase specifications

Rule 117 – IAAF Rule 169 – Water Jump inside

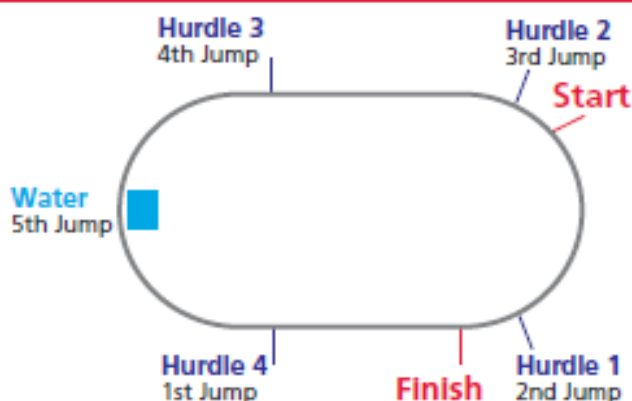
3000m Senior Men



2000m Junior Men



1500m Youths

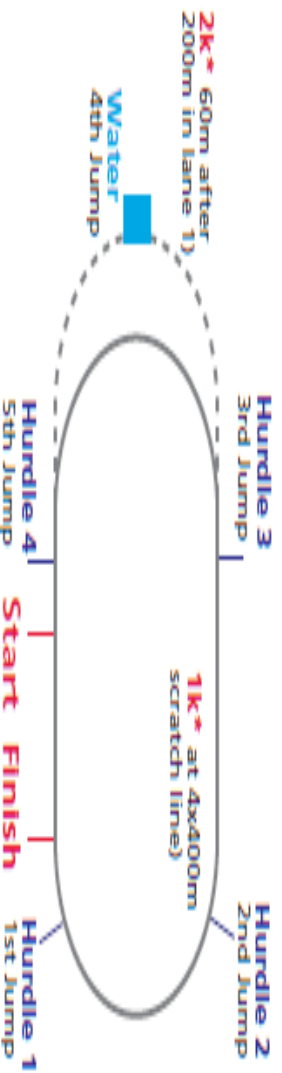


UK Calculations for the 1k and 2k points in the 3000m and approx start lines for all three races assume a Water Jump lap of 394m. Barrier heights Men – 91.4cm, Women – 76.2cm.³⁰

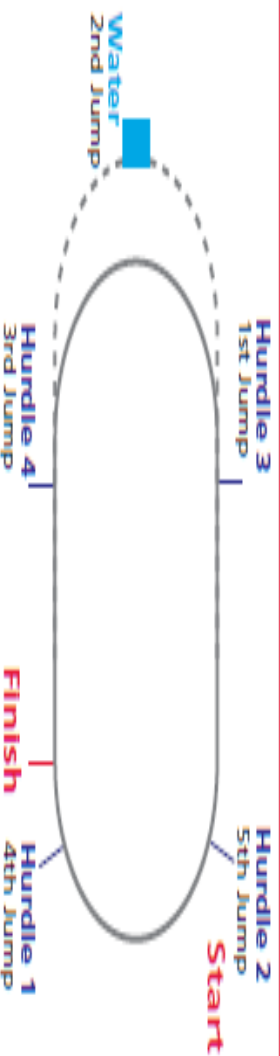
Steeplechase specifications

Rule 117 – IAAF Rule 169 – Water Jump outside

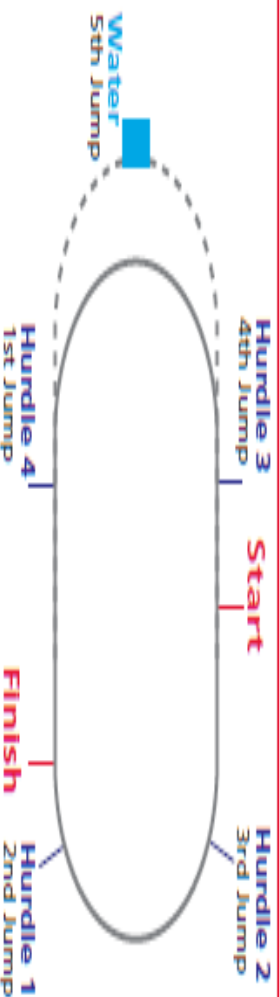
3000m Senior Men



2000m Junior Men



1500m Youths



Calculations for the 1k and 2k points in the 3000m and approx start lines for all three races assume a Water Jump lap of 420m. Barrier heights Men – 91.4cm, Women – 76.2cm.

FSE (False Start Equipment)

See technician for advice and guidance

CSA (Chief Starter's Assistant)

You will need to carry a yellow flag or duster in order to signal to both Track referee and CSA when track is ready for race, ie hurdles set, track clear from previous race etc.

Implements

Groups	Age	Discus	Shot	Javelin	Hammer
U13 Boys	11&12	1 Kg	3.25kg	400g	3kg
U15 Boys	13&14	1.25kg	4kg	600g	4kg
U17 Men	15&16	1.5kg	5kg	700g	5kg
Junior Men	17 to 19	1.75kg	6kg	800g	6kg
Senior Men	20 & over	2kg	7.26kg	800g	7.26kg
Vets Men	35 to 49	2kg	7.26kg	800g	7.26kg
Vets Men	50 to 59	1.5kg	6kg	700g	6kg
Vets Men	60 to 69	1kg	5kg	600g	5kg
Vets Men	70 to 79	1kg	4kg	500g	4kg
Vets Men	Over 80	1kg	4kg	400g	4kg
Groups	Age	Discus	Shot	Javelin	Hammer
U13 Girls	11&12	0.75 Kg	2.72kg	400g	3kg
U15 Girls	13&14	1kg	3kg	500g	3kg
U17 Women	15&16	1kg	3kg	500g	3kg
Junior Women	17 to 19	1kg	4kg	600g	4kg
Senior Women	20 & over	1kg	4kg	600g	4kg
Vets Women	35 to 49	1kg	4kg	600g	4kg
Vets Women	50 to 59	1kg	3kg	500g	3kg
Vets Women	60 and over	1kg	3kg	400g	3kg

F11-13 & F20

F11-13

Age group	Classes	Discus male	Discus Female	Javelin Male	Javelin female	Shot Male	Shot female
Open	F11-13	2kg	1.00kg	800g	600g	7.26kg	4.00kg
U/20	F11-13	1.75kg	1.00kg	800g	600g	6.00kg	4.00kg
U/18	F11-13	1.50kg	1.00kg	700g	500g	5.00kg	3.00kg
U/16	F11-13	1.00kg	1.00kg	700g	500g	4.00kg	3.00kg

F20

Age group	Classes	Discus male	Discus Female	Javelin Male	Javelin female	Shot Male	Shot female
Open	F20	2kg	1.00kg	800g	600g	7.26kg	4.00kg
U/20	F20	1.75kg	1.00kg	800g	600g	6.00kg	4.00kg
U/18	F20	1.50kg	1.00kg	700g	500g	5.00kg	3.00kg
U/16	F20	1.00kg	1.00kg	700g	500g	4.00kg	3.00kg

F31-38

Age group	Classes	Discus male	Discus Female	Javelin Male	Javelin female	Shot Male	Shot female	Club Male and Female
Open, U/20	F31	NE	NE	NE	NE	NE	NE	397g
	F32	1.00kg	1.00kg	NE	NE	2.00KG	2.00KG	397g
	F33	1.00kg	1.00kg	600g	600g	3.00kg	3.00kg	NE
	F34	1.00kg	1.00kg	600g	600g	4.00kg	3.00kg	NE
	F35	1.00kg	1.00kg	600g	600g	4.00kg	3.00kg	NE
	F36	1.00kg	1.00kg	600g	600g	4.00kg	3.00kg	NE
	F37	1.00kg	1.00kg	600g	600g	5.00kg	3.00kg	NE
	F38	1.50kg	1.00kg	800g	600g	5.00kg	3.00kg	NE

F31-38

Age group	Classes	Discus male	Discus Female	Javelin Male	Javelin female	Shot Male	Shot female	Club Male and Female
U/18	F31	NE	NE	NE	NE	NE	NE	397g
	F32	1.00kg	1.00kg	NE	NE	2.00KG	2.00KG	397g
	F33	1.00kg	1.00kg	600g	500g	3.00kg	3.00kg	NE
	F34	1.00kg	1.00kg	600g	500g	4.00kg	3.00kg	NE
	F35	1.00kg	1.00kg	600g	500g	4.00kg	3.00kg	NE
	F36	1.00kg	1.00kg	600g	500g	4.00kg	3.00kg	NE
	F37	1.00kg	1.00kg	600g	500g	4.00kg	3.00kg	NE
	F38	1.50kg	1.00kg	700g	500g	4.00kg	3.00kg	NE

F31-38

Age group	Classes	Discus male	Discus Female	Javelin Male	Javelin female	Shot Male	Shot female	Club Male and Female
U/16	F31	NE	NE	NE	NE	NE	NE	397g
	F32	750g	750g	NE	NE	1.00kg	1.00kg	397g
	F33	750g	750g	500g	500g	2.00kg	2.00kg	NE
	F34	750g	750g	500g	500g	3.00kg	2.00kg	NE
	F35	750g	750g	500g	500g	3.00kg	2.00kg	NE
	F36	750g	750g	500g	500g	3.00kg	2.00kg	NE
	F37	750g	750g	500g	500g	3.00kg	2.00kg	NE ⁵
	F38	750g	750g	500g	500g	3.00kg	2.00kg	NE

F40-46

F40-46							
Age group	Classes	Discus male	Discus Female	Javelin Male	Javelin female	Shot Male	Shot female
Open and U/20	F40,41	1.00kg	750g	600g	400g	4.00kg	3.00kg
	F42	1.50kg	1.00kg	800g	600g	6.00kg	4.00kg
	F43, F44	1.50kg	1.00kg	800g	600g	6.00kg	4.00kg
	F45	1.00kg	1.00kg	600g	600g	4.00kg	3.00kg
	F46	1.50kg	1.00kg	800g	600g	6.00kg	4.00kg
U/18	F40,41	NE	NE	NE	NE	NE	NE
	F42	1.00kg	1.00kg	700g	500g	5.00kg	3.00kg
	F43, F44	1.00kg	1.00kg	700g	500g	5.00kg	3.00kg
	F45	1.00kg	1.00kg	600g	500g	4.00kg	3.00kg
	F46	1.50kg	1.00kg	700g	500g	5.00kg	3.00kg
U/16	F40,41	NE	NE	NE	NE	NE	NE
	F42	1.00kg	1.00kg	600g	400g	4.00kg	3.00kg
	F43, F44	1.00kg	1.00kg	600g	400g	4.00kg	3.00kg
	F45	750g	750g	500g	400g	3.00kg	2.00kg
	F46	1.00kg	1.00kg	600g	400g	4.00kg	3.00kg

F51-57

F51-57								
Age group	Classes	Discus male	Discus Female	Javelin Male	Javelin female	Shot Male	Shot female	Club Male and Female
Open and U/20	F51	1.00kg	1.00kg	NE	NE	NE	NE	397g
	F52	1.00kg	1.00kg	600g	600g	2.00kg	2.00kg	NE
	F53	1.00kg	1.00kg	600g	600g	3.00kg	3.00kg	NE
	F54	1.00kg	1.00kg	600g	600g	4.00kg	3.00kg	NE
	F55	1.00kg	1.00kg	600g	600g	4.00kg	3.00kg	NE
	F56	1.00kg	1.00kg	600g	600g	4.00kg	3.00kg	NE
	F57	1.00kg	1.00kg	600g	600g	4.00kg	3.00kg	NE
	F38	1.00kg	1.00kg	600g	600g	4.00kg	3.00kg	NE
F51-57								
Age group	Classes	Discus male	Discus Female	Javelin Male	Javelin female	Shot Male	Shot female	Club Male and Female
U/18	F51	750 g	750 g	NE	NE	NE	NE	397g
	F52	750 g	750 g	500g	500g	2.00kg	2.00kg	NE
	F53	750 g	750 g	500g	500g	3.00kg	2.00kg	NE
	F54	1.00kg	1.00kg	500g	500g	3.00kg	2.00kg	NE
	F55	1.00kg	1.00kg	500g	500g	3.00kg	2.00kg	NE
	F56	1.00kg	1.00kg	500g	500g	3.00kg	2.00kg	NE
	F57	1.00kg	1.00kg	500g	500g	3.00kg	2.00kg	NE
F51-57								
Age group	Classes	Discus male	Discus Female	Javelin Male	Javelin female	Shot Male	Shot female	Club Male and Female
U/16	F51	750g	750g	NE	NE	NE	NE	397g
	F52	750g	750g	400g	400g	2.00kg	2.00kg	NE
	F53	750g	750g	400g	400g	2.00kg	2.00kg	NE
	F54	750g	750g	400g	400g	2.00kg	2.00kg	NE
	F55	750g	750g	400g	400g	2.00kg	2.00kg	NE
	F56	750g	750g	400g	400g	2.00kg	2.00kg	NE
	F57	1.00kg	750g	500g	400g	2.00kg	2.00kg	NE

Sprint Hurdles

110m, 100m, 80m, 75m, 70m, 60m(indoors)

- Starting blocks at start/ FSE
- Windgauge in place
- Hurdles in place, check placement marks, position from start 1st
- Arrangements for positioning of hurdles
- Are lane boxes in place, and arrangements for removal after races
- Arrangements for checking hurdles after race and resetting
- Do you know where spare hurdle are, just in case
- Do hurdles need to be moved and adjusted or removed?
- Starting blocks at start and arrangements for removal after start
- Hurdles at correct height
- Hurdles with correct weight, drop 3rd hurdle for warmup*
- Correct number of hurdles
- Track clear
- Kerbing or cones in place
- Starter's rostrum at start
- Starter's PA system in place and working
- Ready Signal to Track Referee/CSA

300m Hurdles, 400m Hurdles (200m Hurdles)

- Arrangements for positioning of hurdles, from start line 1st
- Are lane boxes in place, and arrangements for removal after races
- Arrangements for checking hurdles after race and resetting
- Do you know where spare hurdle are, just in case
- Do hurdles need to be moved and adjusted or removed?
- Starting blocks at start and arrangements for removal after start/FSE
- Hurdles in place, check placement marks
- Hurdles at correct height
- Hurdles with correct weight
- Correct number of hurdles
- Track clear
- Kerbing or cones in place
- Starter's rostrum at start
- Starter's PA system in place and working
- Ready Signal to Track Referee/ CSA

800m

- Track clear
- Kerbing or cones in place, check bends
- Starter's rostrum at start
- Starter's PA system in place and working
- Are prisms in place at break line, with flags marking line, who will remove?
- Red and white flag for break line judge
- Lapboard and bell in place at finish
- Ready Signal to Track Referee/CSA

1500m

- Track clear
- Kerbing or cones in place
- Lapboard and bell in place at finish
- If needed is a split start marked and coned
With arrangements to remove cones quickly
- Ready Signal to Track Referee/ CSA

One Mile

- Track clear
- Kerbing or cones in place
- 1500m split line marked
- Lapboard and bell in place at finish
- If needed is a split start marked and coned
With arrangements to remove cones quickly
- Ready Signal to Track Referee/ CSA

100m (or shorter events)

- Starting blocks at start/ FSE
- Lane Boxes in place
- Windgauge in place
- Track clear
- Kerbing or cones in place
- Starter's rostrum at start
- Starter's PA system in place and working
- Ready Signal to Track Referee/ CSA

200m or 150m or 300m

- Starting blocks at start/ FSE
- Lane Boxes in place
- Windgauge in place
- Track clear
- Kerbing or cones in place
- Starter's rostrum at start
- Starter's PA system in place and working
- Ready Signal to Track Referee/ CSA

400m

- Starting blocks at start/ FSE
- Lane Boxes in place, removal
- Track clear
- Kerbing or cones in place
- Starter's rostrum at start
- Starter's PA system in place and working
- If indoors are prisms in place at break line, removal
- Ready Signal to Track Referee/ CSA

2k, 3k, 5k, 10k

- Track clear
- Kerbing or cones in place
- Split markers in place (see Chief Timekeeper)
- Lapboard and bell in place at finish
- If needed is a split start marked and coned
- With arrangements to remove cones quickly
- Ready Signal to Track Referee/CSA

Steeplechase

- Water jump filled, how long does it take?
- Cones or kerbing in place for alternative track route, arrangements to remove afterwards
- Barriers set to correct height, do not wobble
 - Barrier 1
 - Barrier 2
 - Barrier 3
 - Barrier 4
 - Water jump
- Barriers on track if appropriate before start
- Arrangements to put in place after start
- Arrangements to remove barriers afterwards
- Track clear
- Kerbing or cones in place around track
- Split markers in place (see Chief Timekeeper)
- Lapboard and bell in place at finish
- If needed is a split start marked and coned
- With arrangements to remove cones quickly
- Is there a need for a water station in back straight?
- Ready Signal to Track Referee /CSA

Relays

4x100m

- Starting blocks at start, arrangements to remove after start/ FSE
- Lane Boxes in place, arrangements to remove after start
- Batons at start
- 3 sets of red and white flags at start
- Take over tape size template available to judges
- Track clear
- Kerbing or cones in place
- Starter's rostrum at start
- Starter's PA system in place and working
- Ready Signal to Track Referee/ CSA

4x400m, 4x200m, Medley relays

- Starting blocks at start, arrangements to remove after start/ FSE
- Lane boxes in place, arrangements to remove after start
- Which start line are you going off?
- Do you need a break line and prisms?
- Flags for break line if needed
- Track clear
- Kerbing or cones in place
- Starter's rostrum at start
- Starter's PA system in place and working
- Ready Signal to Track Referee/ CSA