

NSW ATHLETICS

OFFICIALS ENTRY LEVEL PRACTICAL INFORMATION SESSIONS

AREAS TO BE COVERED

TRACK:

- Track markings
- Relays – changes and emphasis on position of the baton
- Basic rules – what to look for – e.g. running on the bend, hurdles, obstruction etc.
- Starts – basic procedures – starter's instructions for various length races, false start rule.
- Timekeeping and Place Judging
- Walks
- Safety issues e.g. be aware of what is going on around you, if you need to get to the other side of the track walk around

JUMPS:

- Setting up the site – Roles of Chief
- Safety issues

Long Jump/Triple Jump

- Equipment required
- How and where to spike.
- Fair or Foul trials – Rules for below 11 years and above
- Measuring a trial
- Recording the result of a trial

High Jump

- Height measurement
- Fair or Foul trial
- Rules for below 10 years and above
- Recording the result of a trial

THROWS:

- Setting up the site for a throws event – Role of Chief
- Conducting practice throws
- Safety issues - Safety around an event site - Safety awareness while on the competition arena

Shot Put, Discus, Javelin

- Equipment required
- Fair or Foul trials
- Measurement of trials
- Recording the result of a trial