



# MIDDLE DISTANCE



*Greater endurance levels are required and the running style has to be considerably less vigorous than for the sprints.*

## Safety

- Athletes should wear closed in shoes. Spike shoes are only to be worn on the track
- Everyone should look both ways before crossing the track in case a race is in progress.
- Athletes run in the same direction. Usually this is anti-clockwise.

## The Competition

- For events 800m and over, athletes line up side by side along a curved start line marked on the track. Athletes must start in the standing start position. The athletes can cross to the inside lane as soon as it is safe to do so. Athletes cannot touch the line on the inside track (left line of lane 1)
- Note: At some carnivals, the 800m start is in staggered lanes with two athletes sharing one lane. Athletes can cross over to the inside lane once they have passed the designated mark on the track; this is around about the start of the back straight.
- The winner of a race is deemed to be the athlete who crosses the finish line with their torso as distinguished from their neck, arms, legs, hands or feet.

## Starting

- Athletes are to be organised into their heats and lanes, have them sit in lines inside the track (not on the track) ready to be called to the start line.
- The Starter should stand at the back of the competitors on the inside or outside of the track where he can see all competitors.
- The athletes are then called to their marks, using the words **on your marks**. Care should be taken to ensure no athlete places either fingers, hands or feet on or in front of the start line. The Starter will allow each competitor sufficient time to become settled and motionless after the command is given.
- The set command is omitted for distance racing. The starter will not fire the pistol until all competitors are **absolutely motionless**. In the case of some unsteadiness or if the Starter considers the waiting time excessive, the command "**stand up**" shall be given. The starter can then speak to the athletes concerned. This is not considered a false start and the athletes are then commanded to position themselves **on their marks** again.
- When the competitors are **absolutely motionless** the gun is fired to start the race. If one or more athletes gains an advantage by starting before or with the gun, a second shot is fired to recall the competitors. Those athletes who false start are disqualified from the race however clubs can use discretion in disqualifying junior (U16) athletes.
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## Finish Line

- A person is required to ring a bell at the finish line to indicate to the athlete they have one lap remaining. Care should be taken not to ring the bell for those who are still to complete more than one lap.
- Timekeepers are required at the finish line. Timekeepers are allocated finish places/lanes and depress the timer button when the athlete crosses the finish line.