

# Timer Keeping:

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## Where do I stand?

Technically, timekeepers stand on the outside of the track. Whichever side of the track you are on, make sure that you stand about five metres back from the track and in line with the finish line to get the most accurate view of athletes crossing the line. It is preferable for timekeepers to sit on an elevated stand to ensure a good view of the finish.

## Who do I time?

Contrary to what a lot of people believe, timekeepers are allocated a place not a lane to time. E.g. first place not lane one.

## When do I start timing?

The Starter will check with the Chief Timekeeper that everyone is ready before he or she starts the race. Watch for the raised gun. Start timing when you see the flash or the smoke from the gun - not when you hear the sound. It is desirable to eliminate any waste motion of the hand holding the watch. This can be achieved by bracing the elbow on your knee or holding the elbow with the other hand. The stop/start button on the watch should be activated by a finger, never by the thumb.

## When do I stop timing?

Stop timing when the athlete's torso crosses the line. Disregard the legs, arms and head.

## What do I do at the end of the race?

At the end of the race, the Chief Timekeeper will ask for the time that you took for your designated place. Times are taken to the 10th of a second e.g. 10.41 becomes 10.5. (round up).

# Long Jump Assist:

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## How do I measure?

U6 - U12 (with foot mark): Measurement is taken from the front of the foot imprint made in the take-off area, to the closest landing mark in the pit.

U6 - U12 (with no foot mark): If the athlete takes off from behind the nominated take-off area, measurement is taken from the back of the nominated take-off area, to the closest landing mark in the pit. The measurement must be taken perpendicular to the take-off line or its extension.

U13 - U17: Whether the athlete takes off on or before the take-off area, measurement is from the front of take-off area to the closest landing mark in the pit. The measurement must be taken perpendicular to the take-off line or its extension.

- The zero end of the tape is placed where the athlete lands.

## Raking of the pit?

The landing pit should always be raked after each jump but not before the jump has been recorded the pit should always be raked so that the pit is nice and level for all athletes.

## Staking of the jump?

The stake is marked at the closest point in the sand to the take off area not just where the feet land.

# Shot Put Assistant:

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## How heavy is the shot?

- U6, U7 1kg (blue)

- U8 1.5kg (yellow)
- U9, U10, U11, U12G 2kg (orange)
- U12B, U13, U14, U15G, U17G 3kg (white)
- U15B 4kg (red)
- U17B 5kg (green)

### **How do the athletes “put the shot”?**

Starting Position - stand side on, feet shoulder width apart and use the non throwing hand to aim.

Grip - sit the shot at the base of the fingers (not in the palm or in the fingertips). The thumb and little finger rest around the sides of the shot and the three middle fingers are at the back.

Sit the shot in the curve of the neck just behind or on the upper part of the jaw (not on the cheek or ear).

Putting the shot - keep the elbow up as the shot is pushed. Athletes should finish with their thumb pointing down and palm facing out. This technique stops the elbow from dropping thus ensuring the shot does not come away from the neck. The saying, (“**elbow up, thumb down, palm out**”) can help remember the sequence.

### **When is a foul recorded?**

- If the shot lands on or outside the sector lines.
- If the hand drops away from the neck during the putting action.
- If the shot is put from behind the line of the shoulder.
- If the shot is thrown like a ball.
- If the athlete leaves the circle in an uncontrolled manner.
- If any part of the athletes body touches the top (not the inside edge) of the stop board.
- If any part of the athlete’s body touches the outside of the circle during the putting action.
- If the athlete walks out the front half of the circle.

### **How do I measure?**

Measurement is from the nearest edge of the landing mark of the shot to the inside of the stop board.

The zero end of the tape goes out to where the shot lands.

The tape needs to be pulled directly back through the centre of the circle.

## **Place Judge:**

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### **What is my role?**

- As the name suggests, place judge’s determine the finishing order of the athletes at the completion of a race .
- At centre level place judges may also be involved in timekeeping.

### **How many place judges should there be?**

Ideally, there should be up to eight place judges (one judge per lane or per athlete in the race) and a Chief Judge. The Chief Judge’s job is to allocate a position (i.e. first, second etc) for each judge and to ensure all judges have appropriate paperwork. A Chief Judge should be able to record several or all placings in a race.

### **How do I judge?**

The athletes places are determined by the order in which any part of the torso (i.e. torso, as distinct from the head, neck, arms, legs, hands or feet) reaches the finishing line.

### **Who do I “place”?**

**Laned events:** Place judges are allocated a specific place to determine. E.g. John is to determine which lane comes in first place and records the lane number on a record sheet. This record sheet is then given to the Chief Judge.

**Unlaned events:** At the completion of the race, the athletes are given written place numbers from the judge/s. The athletes are then placed into a line in their finishing order and taken to the recording table/area.

**Where do I stand?**

All judges should:

- Judge from the same side
- Be next to the finish line, preferably on a raised stand (for better viewing of the finish line) approximately 5m away from the track.

## Recording Track:

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Stationed next to the finish line your duty will be to record the information from each of the track events

## Call room Field:

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Call room duties are marking off the athletes for each of the called event

## Chief Time Keeper

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- Be responsible for the timing of all track events with the help of a number of Timekeepers.
- Time first place position and allocate persons to time second, third, fourth and so on.
- Ensure that all Timekeepers are ready, with their watches set on zero, before signalling to the Starter by waving a white flag that all is ready to start the race. If a problem exists then a red flag is used.
- Check all times to ensure that they are in proper sequence.
- Be responsible for instructing all other Timekeepers to clear their watches on completion of the event and/or if there is a false start.
- ***Note: The Chief Timekeeper, if using Place Judges, will make sure they are ready, before signalling the Starter.***

## Standby List

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- You will be called on at anytime to complete or fill any duty required
- You must be available on track
- The need to fill a duty or role maybe due to a scratching, illness or injury or maybe be call upon by the Zone co-ordinator to fill a shortfall