



Communiqué

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Spring 2008

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Letter from the Chairman

Welcome to the first newsletter of 2008 and I hope that you are looking forward to an enjoyable season. I know that I am.

The Conference in February was again a huge success, and a big thank you should be given to all those that worked so hard to put it on, especially Ros Alterman who co-ordinated the whole thing. If there is something that you would like to see covered in future conferences, please do not hesitate to contact someone on the Committee.

My letter in the Winter 2007 edition of Communiqué was somewhat lengthy, dealing with the transition that we all still find ourselves in. At the end of that letter, I asked for your feedback on my thoughts that we need at least a sub division of Level 2, if not the retention of the existing five levels to provide an incentive for

Conference 2008

On Sunday 3rd February the SEAOA Conference '08 took place at Twickenham University College with over 140 officials attending. Although a great success, the numbers were at our lowest for several years.

The guest speaker, Peter Matthews, was a very popular part of the day and our thanks go to him for giving his time to us.

The raffle raised £253. Many thanks to all those who generously donated prizes.

At present the sub-committees are assessing the de-brief forms. Although I say this every year, these really are important

Officials to improve and progress. I have received some feedback already on this subject, for which I thank those concerned very much. There has been virtually 100% support for my views, but I need more replies if I am going to be able to persuade UKA that there is a sufficient groundswell of opinion to support what I am saying. Please reply to me by email (stanburton@seaoa.co.uk) or by post if you do not have access to the internet, or email via a friend if they have access to the internet.

Just a reminder that the SEAOA is set up to help you, if you have any questions please contact your discipline Chairman or any other committee member, I am sure that they will be only too pleased to help. Have a good season.

Stan Burton

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to us as they do provide the basis of the next conference. Is there a particular subject you wish covered at next year's conference? If so, please let me know soon as planning for 2009 will begin in April.

Finally, many thanks to the committee for their hard work in preparation and to all those officials who helped on the day by running the workshops..

Ros Alterman (Chairman conference sub-committee)

Reports from the workshops are included in later pages of this Newsletter

Have you renewed your membership this year?

Why not have your Communiqué sent by email so that you can receive it in colour?

We are sure that a lot more Officials could do this. Please let the membership secretary know.

Also, please don't forget to let the Membership Secretary know if you change your email address.

Membership Secretary

Chris Lamport

chrislamport@seaoa.co.uk

Minutes: January 2008

The January meeting was attended by the Regional Managers of the South East, East and London Regions.

Chris Jones of East Region opened by defining his role as a central point for Cofsecs with support from senior Officials in the Region. Aims are to develop mentoring, Regional Officials Dinner and establish better communication with Officials. An Officials Group has been set up.

Bob Smith gave his athletics background both as an athlete, originally in Hampshire, and Team Manager with Newham & Essex Beagles. London Region has its own unique problems as it cuts across a number of Counties especially in South East Region. There is a significant shortage of Tutors in London and they will need to utilise Tutors from the surrounding Counties. They have run two Level 1 courses.

Elsbeth Turner said that South East was behind with the developing of the Cofsecs Committee but are bringing them together at meetings in Guildford. Courses have been scheduled for 2007/8 from a Regional standpoint. The Group provide ideas for future training and her role is to provide the backup.

It was agreed that good Communication was the key and the following have been appointed as Reps to Regional Cofsecs Groups:

East - Peter Lee,
London – Jeanne Coker
SouthEast – Terry Williams

The Regional Managers will attend SEAOA Committee meetings on a rotational basis
The Chairman thanked the Regional Managers for coming to this meeting and hoped we could move on from here.

We now have a new team for PF group namely Mike Scott, Jane Scott, Steve Baldwin and Chas Harvey.

For training opportunities contact [Mike Scott](#)

Jeanne Coker said they needed contact North of the River and suggested contact Geoff Williams at Cophall for training opportunities

Field: SEAOA FIELD SUB-COMMITTEE: ACTIVITY UPDATE 28th JANUARY, 2008

Leaflets Update

Two items (Starter pack and “Oh no! You’ve been asked to be Referee”) being updated and should be ready for the start of the outdoor season.

Two others (“So you want to be a Field Judge” and Progressing through the various levels) are complicated by the restructuring of levels. The intention is to replace them with a single document but this needs to wait until there is greater clarity about the new structure.

Communiqué

Jim Kent has just joined the sub-committee and has raised some good ideas (e.g. Officials from an athlete/coach prospective and a “How to” series) for future articles. The intention is to provide a regular stream of material.

FAQs re Officials’ Structure

Continues to be in draft and comments being collected (e.g. From Track Officials). The Sub-Committee continues to believe that something is needed in this area though the changing landscape at UKA level is making finalisation of the facts difficult: the issue will then be to agree the format and route for publication.

Conference

Liaising with presenters: all seems on track. Potential funding for East Officials being pursued: will possibly be a separate table on the day. Numbers seem generally down despite usual publicity.

Training and Experience/funding

Intending to earmark 2008 meetings for specific training (e.g. Technology, Clerk of Course) and obtaining reports, e.g. for Level 4s wanting to become “new” Level 3s. Potential funding sources being explored.

Peter Crawshaw 28th January 2008

TRACK CHAT

Well another 'Summer' season is underway and the first meeting we went to was cancelled due to snow, sleet and high winds. Hope this isn't a sign of another wet, cold and windy Track & Field outdoor season.

I trust all of you who need to attend a Level 3 Course have put the wheels in motion. From what I understand UKA, in conjunction with England Athletics, are to arrange Courses for the Autumn but maybe your County Officials Secretaries will be able to give you more information on this in due course.

We now have the booklet for new Level 2s on the website. As you know we used to send the Grade 4 booklet to all those who passed their Track exam but under the new system we are reliant on getting the names of those who have attended courses from the Regional Managers. So far we have been unable to send any out as no names have been forthcoming!

We are working towards producing a booklet for Level 3s by amalgamating much of the information in the old Grade 3 and 2 booklets. Once this is complete we will get Stan to put it on the website. Don't forget if I can help in any way then please get in touch with me at:-

terrywilliams@seaoa.co.uk

Happy Track Judging

Terry Williams (Track sub-committee Chairman)

TIMEKEEPING

CASIO HS-60W

Features: 1. 100 memory
2. Times to 1/1000 of a second
3. Backlight
4. 5 bar water resistant
5. Two modes, chronometer and stopwatch.

I have now used this watch at several meetings and can recommend it as a good alternative to the Seiko watches that most of us know and use.

Many of the functions are the same, the start and stop button is top right, the split and reset button top left. The screen is similar, although the display shows thousandths of a second which I round up to the next hundredths. Timekeeping, recall and reset are all done from the same screen. One function that I preferred over the Seiko's was recall whilst the watch is running, it displays from the first entry forwards, as opposed to the last entry backwards with the Seiko.

The watch is comfortable to hold and the actions of the buttons are positive, it comes with a backlight which I haven't found a need to use. But the best point in its favour is the price, I got mine off the internet for just over £40 inc. P+P, whilst I believe the latest Seiko is about £134.

Geoff Canton



Rules for Masters Competitions

World Masters Athletics is run under IAAF Rules with notable exceptions

To see all the rules go to

www.world-masters-athletics.org →Laws and Rules

The more important variations are: -

Section 8 Running and Walking Events

Parts 8 and 9

Section 9 Hurdles Races

Part 2

Section 10 Steeplechase

Part 3

Section 12 Field Events

Parts 3, 4, 5, 13

Jeanne Coker

REPORT FORMS

The South of England Officials' Committee want our association to bring to everybody's attention that the new Report Forms are on the UKA website under Officials/Education and Training so can easily be downloaded and saved by anyone

I would like to thank all of you who have contributed to this edition of the Communiqué. This is your magazine so please keep sending articles etc.

The next edition will be in early July.

Eileen Williams

FAREWELL AND ADIEU

After 26 years as a Field Judge (now Grade 2/new Level 4), I have decided to stop officiating. I have had enough, the wear & tear on the body gets no easier, and I also want time to myself. Through the columns of your magazine, please can I thank all those people, who have helped and encouraged me along the way and for all their pertinent advice.

I shall certainly miss the camaraderie of my fellow officials and the satisfaction of providing competent judging and enabling athletes of all abilities to give of their best and perform to their potential.

However, what I shall not miss will include:

- a) wrecking my back & neck almost on a weekly basis with the bending, lifting, carrying & raking involved in field work. (My physio bills might reduce now).
- b) those pushy parents who assume that the whole of an athletics meeting is run for the convenience of their “princess”.
- c) those egotistical county level “National Coaches”, who are sandwiched between the very good elite coaches and the patient club coaches but who, in my experience, are not nearly as good as they think they are, nor as good as they ought to be. The stretching of competition rules to the very limit, the comical body contortions & wiggling of ample bum & belly to emphasize to a competitor how to perform a jumping or throwing technique (**NOT!!!**), which if repeated on Hampstead Heath would see them carted off by the Police. Oh and the “look at me boy; I’m your coach” mentality of the pseudo Svengalis. We have one such here in Sussex, who is responsible for dozens drifting out of our sport in their late teens/ early twenties.
- d) the unending drivel and statements of the blinking obvious emanating from UK Athletics in their mis-sives and bulletins.

Track & Field Athletics is a very labour intensive sport, which has benefited for several decades from a cadre of competent officials- unpaid, but professional in attitude, without whom no athletics meeting could ever take place. We can all take pride in that. To those of you, who are selected to take part in the 2012 Olympic Games, whether in the competition arena, the warm up track, or at the various training tracks yet to be chosen in the South of England, I wish you well. I am sure that you will acquit yourselves well. I look forward to recognising many of you on TV, from the comfort of my armchair. I hope that the officials associations continue to recruit newer, younger members, because I suspect that many of the more elderly officials may retire post 2012 and that their experience will be difficult to replace.

Tony Maitland

Sussex



IAAF RULE INFRINGEMENTS (2008) - TRACK

UNSPORTING BEHAVIOUR	145.2
LANE RUNNING (note 2008 revised rule)	163.3
OBSTRUCTION	163.2
LEAVING THE COURSE	163.6
ASSISTANCE	144.2
FALSE START	162.7
HURDLE - JUMPS ONE NOT IN OWN LANE	168.7b
HURDLE - TRAILING FOOT	168.7c
HURDLE - KNOCKED DOWN DELIBERATELY	168.7d
STEEPLECHASE - CLEARANCE	169.7
STEEPLECHASE - TRAILING LEG	169.7
RACE WALKING DISQUALIFICATION	230.6
RACE WALKING DRINKS NOT AUTHORISED	230.9e
ROAD RUNNING DRINKS NOT AUTHORISED	240.9e
RELAY - OUT OF BOX	170.14
RELAY - OBSTRUCTION	170.15
RELAY - DROPPED BATON ERROR	170.13
RELAY - BEGINNING RUN OUTSIDE ACCELERATION ZONE	170.7
RELAY - 4X400 BEGINNING RUN OUTSIDE BOX	170.8
RELAY - COMPOSITION OF TEAM (note 2008 revised rule)	170.17
RELAY - WEARING GLOVE OR SUBSTANCE ON HAND	170.13
RELAY - ORDER OF WAITING ATHLETES	217.5

STARTERS WANTED; you need a voice on SEAOA

As many of you will know, at the last AGM we were unable to form a sub-committee for this discipline which means there is no representation on the main committee or Conference sub-committee. This is a crying shame.

Some of you will know that Terry is also a Starter/ Marksmen so we are aware of the not inconsiderable cost of starting out and the loneliness of being the sole starter at early meetings. Somewhere to go for help and advice is vital.

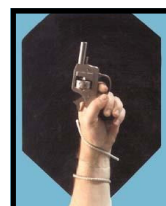
With the changes being put in place by UKA we need strong leadership in all disciplines to ensure the progress of our Officials so **please, please, please** how about offering to form or join this sub-committee as we need to hear your opinions.

Everyone on the Main Committee will willingly offer you support and guidance. I know that all the current sub-committee Chairs would happily talk to you to tell you what they do, how they go about it and all the satisfaction they get from getting things done with the help of their colleagues.

It just takes a call or email to Stan Burton, Ros Alterman or myself and we can get things on the move.

Please give a little of your time to support your colleagues.

Editor



NOTES FROM CONFERENCE SESSIONS: These are an edited version due to space restriction. If anyone who was not at Conference would like the full version please contact the editor.

CHECK LIST FOR CLERK OF THE COURSE – FIELD

Pole Vault

Stands in good working order
Safe Landing Area
Bars
Firm, clean box
Runway markers
Scoreboard
Time clock & windsock
Measuring device
Red & white flags
Stadium vaulting poles if available
Vaulting pole rack

Long Jump

Well dug pit
Firm take off board(s)
No jump indicator
Roller or trowel
Rakes & brushes
Measuring tape & spike
Scoreboard
Time clock & windsock
Runway markers
Wind Gauge
Water & can/hose pipe
Distance markers (side of pit)
Red & white flags

Shot

Check circle & extension lines
Stop board
34. 92 degree sector lines & flags
Safety ropes
Brush & mat
Measuring tape & spike
Absorbennt cloths
Correct weight shots
Implement stand
Red & white flags
Time Clock
Scoreboard
Distance markers
Magnesium carbonate light powder

Discus

Check circle & extension lines
34.92 degree sector lines & flags
Safety cage & sector ropes
Distance markers
Brush & mat
100m measuring tape & spike
Correct weight discoii
Implement stand
Absorbent cloths
Red & white flags
Time clock
Scoreboard
Warning horn

High Jump

Stands in good working order
Safe Landing Area
Bars
Run up markers or coloured tape
Brush or squeegee
Safe Landing Area
Time clock & windsock
Measuring device
Red & white flags
Steps or chair

Triple Jump

Well dug pit
Firm take off board(s)
No jump indicator
Roller or trowel
Rakes & brushes
Measuring tape & spike
Scoreboard
Time clock & windsock
Runway markers
Wind Gauge
Water & can/hose pipe
Distance markers (side of pit)
Red & white flag

Hammer

Check circle & extension lines
34. 92 degree sector lines & flags
Safety sector, cage, gates
Distance markers
Brush & mat
100m measuring tape & spike
Absorbennt cloths
Correct weight hammers
Implement stand
Red & white flags
Time Clock
Scoreboard
Warning horn

Javelin

Check runway & extension lines
Arc & 8m centre
Safety ropes
Sector lines & flags approx 29 degrees
Distance markers
Correct weight javelins
Implement stand
Absorbent cloths
100m measuring tape & spike
Time clock
Scoreboard
Warning horn
2 sets red & white flags
Runway markers

Notes on Timekeeping Workshops at Conference 2008

Timekeeping Off the Track – Graham Bentley

The session started by defining what constitutes a road race. This was followed by general comments on timekeeping, and very importantly, recording as the timekeeper can only go as fast as the recorder can write. It then diversified into other techniques used for congested finishes and/or large races such as time and number. This was a good two-way session with plenty of discussion around UKA and IAAF rules, the increasing use of starts without a gun and transponder timing. Road relays and lapping also provided plenty of interest. Along the way there were many useful tips and hints, including on how to keep your paperwork dry on those many inclement days we get between September and May. This session was held over from 2007, and it was extremely well received, in spite of the fact that not all present officiated away from the track.

Ask Dave – Dave Vidler

The update from Dave started with the requirements for Level 3. Those currently on Levels 2 and 3 will have to complete all of the Level 3 modules, work at 30 meetings (not necessarily in one year!) and gain 6 reports as outlined previously, all from a current Level 5. If current Level 4's and 5's don't attend a Level 3 course they will revert to Level 2 after 2011. UKA will try and make the courses as convenient as possible. Reports should, in theory, be sent to the regions but this needs to be confirmed. Level 4 is in development. It is likely to contain the following:

The Perfect Chart : according to St John

These are my own views. There are many other views
Is there a Perfect Chart?

The aim of a good chart

To be prepared for the unexpected anywhere on the track
To ensure environment is safe for ALL
To ensure fair competition
See proper distance of each run is covered and decide the order in which the competitors finish

The Track Referee shall allocate duties to Track Judges and Umpires

Track judges shall:
See the proper distance of each race is covered and decide the order in which the competitors finish
Lap scorers should be appointed for races of longer than 1500m
Judges should be allocated to supervise relay take-overs
Judges should be allocated as umpires and wind gauge operators

Health and Safety

The Referee has responsibility to consider Health & Safety at all times and must take this into account when preparing a duty sheet
As a rule do not use inside positions
Consider possible weather implications
Consequences of other events
Disabilities of any official

Operating at international level
Acting as a chief official at major meetings
Competition management
A multi-disciplinary approach
It will probably be by invitation only (as were the old Advanced Papers)
This was an interesting, informative, and a good attempt at a difficult topic for which the majority felt that there were still a large number of questions to be answered and much to be finalised.

Dispelling the Fears – Clerk of the Course for Timekeepers – John How

The clerk now reports to the Technical Manager. It was emphasised that the role varies greatly from track to track, depending on the equipment available and the capabilities and willingness of the ground staff. John went on to describe to a packed audience the equipment you needed for the role and who you needed to communicate with. The importance of working with field event teams to control athletes crossing the track and to indicate to the chief marksman that the course was clear became apparent.

This was a very informative session which some found daunting and others reassuring! It was felt to be a useful insight into the role and many appreciated the mix of officials which created an interesting discussion between the disciplines.

Points to Consider before starting preparation of work sheet

How many officials available

Officials limitations
Length of meeting
Weather conditions
Ancillary duties to be covered

'Here's one I prepared earlier' 4,5,6,7,8 etc officials

Officials Limitations

Experience
Inexperience – Opportunities
Shadowing
Reporting

Breaks

For all officials including:
Track steward; Chief Judge; Clerk of Course; Yourself – Referee
Be fair to all. All day meeting: lunch break and at least one other comfort break

Wind Gauge

A Wind Gauge operator should be appointed for races up to and including 200m.

Find out beforehand if one is available
Is it electronic or manual?
If not known be prepared to reallocate to umpiring on straight.
Consider how result to be relayed to chief judge/Referee

Break Line

Used for races 800m (300m + indoors)
Used for relays 4 X 400m
Dual role – e.g. BL/14
Also 13 where possible – two reports for same infringement?

Water Provisions

In long races where water is to be provided who should do this?
Clerk of Course (supervising putting out of hurdles)?
Ground Staff?
Potential risk of discarded drinks/cups

Judges on the Stand

How many do you need?
Odd number? 3 or 5
Include Chief Judge
Referee does not count unless insufficient judges

Last 3?

How many on this role?
Last 3 or 4
Give opportunity to get their eye in first
If first race – use experienced officials

Relay Judges

Experience on Take-over 1
Have someone in charge?
How many and where?
Use of 'others'

Lap Scoring

Lap scorers should/shall be appointed for races of longer than 1500m to record each competitor completing each lap. UK App D/ IAAF Rule 131
This can be incorporated with that of finish judge.

Lapboard and Bell

Consider length of race and likely quality of field
Consider multiple lapping
Do you need a lap board assistant?
Do you need a second set of numbers?

Hurdles

Consider if C of C needs assistance
Cover the bends e.g. 13, 17 and 21
Consider allocating to flights – particularly for straights

Steeplechase

An official for each barrier
Official for water jump (remove curbing)
Not ideal, but you could cover Barriers 1 and 4 from the stand area
Barriers 2 and 3 could be covered by one official strategically placed on the back straight
If no Clerk of Course make sure placing of barriers is covered and remove kerbing

Health and Safety

Use of inside of track
Wind Gauge
Consequences of other events

Use of Umpiring Positions

Each track is different
Track position charts provide indication of positions

Appoint a track steward or allocate to various members of the team

As a matter of courtesy where appointing a chief judge, clerk of course or track steward: ring before hand

Umpiring Positions

Straight Sprints: A 25 can be useful as well as 1-4/5-8
For 200m: Consider 16 as it allows you to watch the start – keep eye on starter and marksman
Middle Distance: Use 6 to watch for finish of race
800m: Have someone on first bend when starting off curved line
800m: Use umpiring positions 10 and 12 to watch for lanes (before breaking)
4 X 400m: Consider using 7/8

The walk through

Walk through each judge: position by position
Would you like to walk each side of the track for every race?
Is there a 'fair' amount of judging/variation?
Are there sufficient breaks?
Most importantly: Are all vital duties covered e.g. LB/B, WG, BL and sufficient Judges

Chart key

Explain abbreviations at meeting and/or key
Everyone uses different terminology – Make sure yours are understood
Personal Touches:
Names
Sign Off

Does the Perfect Chart Exist?

NO – At best it is a compromise
Every official wants something different for their duties.
Some enjoy judging the sprints, others umpiring the hurdles.
You cannot please everybody
BUT you can try to be fair.

John Peerless

TRACK CERTIFICATION AND SAFETY PARTICULARLY RELATING TO TRACK OFFICIALS

Two copies of each certificate are issued. The track operator should keep one on file and the other displayed at a prominent place at the facility. The certificate will indicate the current status of the track. If the certificate is not displayed, athletes, coaches and officials should demand to see a copy before using the facility.

Certificates can be upgraded or amended at any time following the satisfactory completion by the operator of work identified as part of the certification process.

In the period between initial inspection and expiry of the certificate (5 years), all tracks will receive an annual visit. At this time, advice on care and maintenance will be given and signs of deterioration noted. Certificates can be amended or even withdrawn as a result of the annual visit.

Areas providing the greatest risk at an athletics meeting

As far as track events are concerned, the main areas of concern to us are

Track Surface:-	Cleanliness -free of litter, grass cuttings etc Wear and Tear Clear and accurate markings	
Track Kerbing:-	In good repair Fixed securely and not intruding into track Removable areas stored safely and replaced quickly	
Steeplechase Barriers:-	Tops in good condition, no splinters Correct type of paint used Fixed securely to legs Adjusting mechanism working properly	
Water Jump:-	Surface of landing area in good repair Water depth Water clear of debris	
Hurdles:-	Good condition, tops not splintered, and firmly fixed to supports Weight and height adjustment mechanisms have ease of movement Correct heights and corresponding weights used for each age group	
Stands:-	Including judges, timekeepers and starters Stable and in good repair	
Lap Board stand:-	Stable, especially in strong winds	
Starting Blocks:-	In good repair, and removed from track after start of 400m (indoor- 200m)	
Starters pistol:-	Should be in the safe keeping of the starter at all times, but should still be regarded as a possible hazard.	
Field events:-	Throwing implements Field athletes on the track	
Weather Conditions:-	Rain, making conditions slippery or flooding the track Lightening Wind Extreme heat	

All these areas of risk should be considered taking other factors into consideration. For instance, the age, ability and experience of the athletes, officials and others involved with the meeting

Maureen Fletcher

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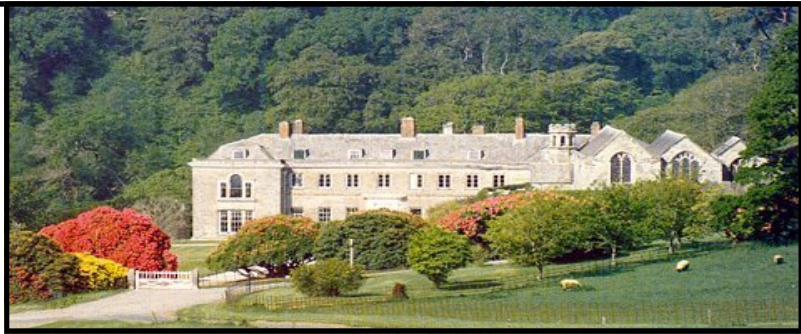
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Starters
Vacant



Run for St John

St John Ambulance is organising a 5 mile (approx) running race on the beautiful Boconnoc Estate near Lostwithiel, Cornwall on Sunday 19th October, 2008 starting at 11am. This is a rare opportunity for running enthusiasts to race on an undulating, on/off road course around one of Cornwall's finest Estates. Entry fees are £8 affiliated / £10 unaffiliated. There will also be a 1.5 mile Fun Run starting at the slightly earlier time of 10.15 am costing £3.00 per entry. Further details and an Entry Form can be found on our website or by calling Sarah North on 01726 815967. Places are limited so act fast to guarantee your place!

Poster and entry form are on the SEAOA website.

Looks like a nice place to spend an October weekend and support St John's Ambulance.