

The South of England Athletics Officials'
Association

Merchandise for sale

Weatherwriters—Portrait £22.00 + £2 p&p
Landscape £24 + £2 p&p
available from:

Ros Alterman
42 Denchworth Road
Wantage
Oxon
OX12 9ES

Tel: 01235 763174

Fax: 01235 224046

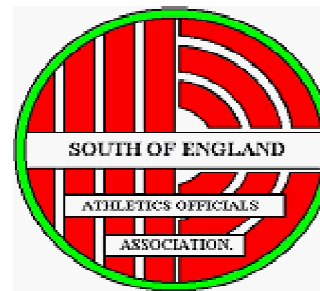
E-mail: rosalterman@seaoa.co.uk

Association Lapel Badges including engraved nameplate
are available direct from:

Fred Wooding
Sportsform
52 Bromham Road
Bedford MK40 2QG

Price £4.00 including postage, packaging and engraving
Cheques should be made payable to Sportsform

The South of England Athletics Officials'
Association



Welcome to the Judges' Stand



A guide for new Track Officials
produced by
SEAOA Track Sub Committee
October 07

Useful Contacts

SEAOA

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Membership Secretary

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01622 682377

Track Sub Committee

Chairman

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GU14 0AE 01252 664455

Members

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DT1 2AL 01305 251180

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Conference Rep

Eileen Williams (see Chairman)

Rep to Photo Finish

Mike Scott

Jane Scott

South of England Athletic Association County Officials Secretaries

Bedfordshire – Paul Brooks, 22, Tenby Drive, Luton, Beds. LU4 9BL
Tel:-01582 750474

Berkshire - Jill Wright, 32 Church Rd, Chavey Down, Ascot, Berks, SL5 8RR Tel: 01344
885475

Buckinghamshire – Chris Parkinson, 26 Hazlemere View, Hazlemere, High Wycombe, Bucks. HP15 7BY
Tel: 01494 711125

Cambridgeshire - Al Weaver, 18 Cookson Close, Yaxley, Peterborough, Cambs. PE7 3WN Tel: 01733
246572

Cornwall- Mike Hanson, 2 Bay Villas, Long Rock, Penzance, Cornwall TR20 8HZ Tel: 01736 719428

Devon - Keith Reed, 41 Cleeve Dr, Ivybridge, Devon PL21 9BW Tel: 01752 893573

Dorset - Ron Little, 6 West View Rd, Poole, Dorset, BH15 2AZ Tel: 01202 675723

Essex – Chris Dowsett, CHTV, PO Box 6133, Colchester, Essex. CO3 9ZD Tel: 0785 7526632

Hampshire - Eileen & Terry Williams, 73 Marrowbrook Lane, Cove, Farnborough, Hants. GU14 0AE
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Hertfordshire - Peter Lee, 44 Baldock Road, Letchworth Garden City, Herts. SG6 2EE Tel: 01462 686758

Kent - Gill Freeman, 32 Park Crescent, Erith, Kent, DA8 3DE Tel: 01322 330428

Middlesex - Richard Darby, 14 Chandos Rd, Eastcote, Middx HA5 1PR Tel: 020 8868 8930

Norfolk - Gaye Clarke, 69 Roman Bank, Long Sutton, Spalding, Lincs PE12 9LB
Tel: 01406 362593

Oxfordshire - Alan Vincent, 9 Lawrence Leys, Bloxham, Oxon OX15 4NU Tel: 01295 720809

Somerset – Mike Eastwood, Daniels, Langford Budville, Wellington,Soms TA21 0QT Tel: 01823 400076

Suffolk - Tony Cheatham, 13 Longfield Rd, Capel St Mary, Ipswich, Suffolk IP9 2UA
Tel: 01473 311290

Surrey - Michael & Patricia Cole, Tanglin, 264 Lower Rd, Bookham, Leatherhead
Surrey KT23 4DL Tel: 01372 458650

Sussex - Michael Carrington, 115 Coates Ave, Horsham, West Sussex. RH12 2AF
Tel: 01403 260556

Wiltshire - Ray Bell, 35 Sherford Road, Greenmeadow, Swindon, Wilts. SN2 3PR
Tel: 01793 723863

LIST OF DUTIES FORM

A "List of Duties" form is a record of the meetings you attend and the duties carried out. This must be kept up to date and forwarded at the end of the season (September 30th) to your County Officials' Secretary, particularly if you want to be considered for progression.

Part of a fictitious sheet is shown on the next page and should give a guide as to the information that should be included. If you have any doubts then please talk to your Track Referee on the day of the meeting.

NOTE:

1. You should always make a note on the form if you have had a report done on you and by whom.
2. You are strongly advised to take a photocopy of the completed form before sending it to your County Officials' Secretary

UK: ATHLETICS OFFICIALS' LIST OF DUTIES 2007

Please complete and return this form by September 30th. Use a different form for each discipline. Level 2 must send their forms to their County Officials' Secretary. Please indicate your duties at the meeting (on one line if possible) and indicate if you expect a report (by whom)

Name Discipline
 Address Level

 Telephone

Meeting	Venue	Duties	Referee
Bracknell Open	Bracknell	J;BL;LBB;Pos 1,7,19,13	A. Wright
Southern League	Reading	J, JL3,LS, To1, Pos 7/8,19,10	T.Jones
Berks County	Bracknell	J;Pos17,13,11,19, 22,TOin	R.Smith
Southern League	Milton Keynes	J;LBB;LS;Pos 15 19, 5/6	C. Hall

Introduction to Track Judging: Part 1

Track athletes spend many hours of effort and training in all sorts of conditions in order to improve personal performance. The progress of achievement by a track athlete can realistically only be measured by the time it takes to travel a measured distance and therefore it should be the duty of those who record their positions and times to be as accurate as possible.

Those who become involved with athletics, other than by competing, are usually parents whose children have joined a local club. Invariably parents get asked to help out at club meetings by officiating on the track or in the field.

Like most duties, track judging is not difficult once the basics are understood and accuracy will improve with experience. Newcomers wishing to try their hand at track judging for the first time at a meeting will be welcomed and, in general, will work with more experienced colleagues who are able to assist and advise.

Every year the track and field season gets more and more crowded with meetings at all levels and the demand for Officials becomes greater and greater, so your assistance as an Official is badly needed if meetings are to be adequately covered.

To this end, the following pages attempt to answer some of the most common questions asked by those interested in track judging and just starting out.

References throughout this text are made to the UK: Athletics publication Rules for Competition.

Further information can be found on the web site: www.seaoa.co.uk

Q. So now I am a qualified Track Official. What do I do?

If you belong to a club you will be asked to help at club meetings. If you don't belong to a club ask your local Officials' Secretary for a list of clubs and their secretaries close to you and offer your services. A list of Officials' Secretaries is on page 23. Don't forget to take all the essential equipment you need for efficiency and comfort that you will have learnt about during the course. Remember that 4B pencils are the best for this work. The UK Athletics Rules of Competition is an important acquisition as it contains all the rules pertaining to track events, but at this stage is not essential. "How to judge track events" by David Littlewood is a good practical guide and can be obtained from the Athletics Book Centre, 5 Church Road, Great Bookham, Surrey KT23 3PN. Tel: 01372 452804.

Q. What happens when I go to a meeting?

Don't forget to arrive in good time i.e. at least ½ hour before the start of the meeting and find the Track Referee. The local meeting organiser should be able to tell you who this is; if not wait by the judges stand. You will be welcomed and most probably asked what level or experience you have. Don't let this worry you, as the Track Referee must know this in order to organise the team effectively. If you are inexperienced, you should tell him/her, and you will most probably be paired with a more experienced colleague, who will be only too happy to help and advise during the meeting. The Track Referee will give you various duties to undertake. These will involve judging the finish of the race, ringing the lap bell or umpiring. At larger meetings you will be given a duty sheet that lists the various jobs you are required to do for each race. At local meetings these are usually advised to you verbally prior to each race, as the Track Referee is not usually aware how many officials he has until he arrives at the meeting.

Q So I have reported in, been allocated my duties. When do I go to work?

You will need to take up your position for the first race as described on the duty sheet and prior to the athletes being called up. With your duty sheet you may have been given a diagram of the track with position numbers on it, see page 6 & 16. These relate to the numbers shown on the duty sheet. You should stand in the area as indicated by the number and where you have a good view of the track

SPECIAL DUTIES / RESPONSIBILITIES

The Track Referee decides the result, allocates the duties, adjudicates in disputes and deals with infringements. His/her decision is final.

Clerk of the Course keeps a clear track and ensures all track equipment is ready.

Track Steward records the results as given by the Referee/Chief Judge and passes them to the Timekeepers / Photo finish. They also keep all the Referee's paperwork in order i.e. copy of results, seeding sheets, infringement reports, photo finish results etc. A small tent is very useful.

The Chief Judge liaises with the Referee and will normally give the result to the Track Steward

Details are available for Clerk of the Course and Track Steward on the SEAOA website.

Level 3 Course

This will involve a generic course, discipline specific and relevant technology module. A log book will need to be completed. Completion of the log book includes obtaining 6 reports and 30 meetings.

CODE OF PRACTICE FOR TRACK OFFICIALS

On arrival report to the Meeting Manager and the Track Referee.

Time of arrival	Photo finish	1 - 2 hours
	Track	½ hour before start unless advised otherwise

Ensure you are prepared for your first event well in advance. The Track Referee may well need a meeting with all Track Officials before the Meeting.

Bring equipment needed for all weathers.
Bring clothing for all weather conditions.

Be courteous at all times to Athletes, Coaches, Team Managers and Parents.

Levels 3-5

- Be prepared to be Referee
- Offer to write reports or identify someone who is good and needs a report.
- Don't forget to help and advise lower level Officials and **most importantly** encourage those unlicensed to learn and take the course.

Process results as quickly as possible.

Do not cross the centre of the arena.

When moving around the arena, take care not to impede athletes.

Be aware of Field Events when officiating.

BE AWARE OF SAFETY AT ALL TIMES

Q. I am in position. What do I do now?

Whilst waiting for the race to start make sure the track is clear. When the competitors have been lined up at the start of a race the control of the start is passed to the Starter. He is the Official usually wearing a red top and cap. When he is satisfied that all is ready for a race to start he will blow a whistle to check that the Officials in charge of the finish are ready. The Chief Timekeeper will check with the Track Referee that he is ready and signal the Starter (by holding up a coloured card or clipboard). When the gun goes concentrate on the athletes in the race.

Judging Duties

When judging the finish of the race always stand on the judges' stand in line with the finish and as high up the stand as possible as it will give you a better view. More experienced Officials should be able to cope from a lower position. Concentrate on the race and write down the number/letter of the athletes in the order you think they crossed the line. Do not copy others as they may have got it wrong. Do not expect to get all the numbers at first; as you gain more experience it becomes easier. Although you may have an idea of which athlete is likely to win as they approach the finish line do not prejudge the result as positions can change at any time. Remember it is the torso of the athlete you are judging as it reaches the line, not the arms, hands, head, neck, legs or feet.

Last 3 or 4

Take the numbers of the athletes in order but only those finishing in the last three or four positions as requested by the Referee. This can be more difficult than taking all the numbers but is essential in sprint races as, hopefully, in a tight race the judges will have taken the first few and with you getting the last ones a full result is available.

Lap Scoring

Only required for races over 1500 metres. You record the athletes' numbers each time they pass the finish line in order that we have a check that each athlete completes the required distance. Where possible the details should be in the order they cross the finish line on each lap. This can sometimes be difficult especially in the early stages of a race. On occasions it will not be possible to get all the numbers until a few laps have been completed. In this case you should ensure you take the early numbers and those at the back of the field. Be careful if lapping occurs as you may need to use 2 or more

Time	Event	John	Mike	Sue	Mary	Jean	James	Mark	Sally	Fred
13.30	400H A		13	17	22	5-8	19	11	J	J
13.35	400H B		13	17	22	5-8	19	11	J	J
13.50	800 A		LBB	10/6	J	J	BL	13	17	22
13.55	800 B		LBB	10/6	J	J	BL	13	17	22
14.05	100 W/C	C	J	3-4	5-6	WG	7-8	J	JL4	1-2
14.10	100 A	H	J	3-4	5-6	WG	7-8	J	JL4	1-2
14.15	100 B	I	J	3-4	5-6	WG	7-8	J	JL4	1-2
14.25	400 A	E	13	17	J	11	J	19	22	5-8
14.30	400 B	F	13	17	J	11	J	19	22	5-8
14.35	400 W/C		13	17	J	11	J	19	22	5-8
14.45	5000	J	LS	15	19	LBB	11	LS	LS	LBBA
15.05	110H A	U	J	J	1-2	JL4	WG	3-4	5-6	7-8
15.15	110H B	D	J	J	1-2	JL4	WG	3-4	5-6	7-8
15.25	200 A	G	21	5-6	WG	7-8	19	JL4	J	J
15.30	200 B	E	21	5-6	WG	7-8	19	JL4	J	J
15.35	200 W/C		21	5-6	WG	7-8	19	JL4	J	J
15.45	1500		6	J	LBB	J	12	15	18	22
15.55	4X100		J	J	TO3	CTO1	CTO2	TO2	CTO3	TO1
16.05	3000S/C		LS	LBB	LS	WJ	H2	H3	H4	H1
16.20	4X400		IN	IN	J	J	BL	OUT	19	OUT

Key

J	Judge	H1/2/3/4	Steeplechase Barriers
LBB	Lap Board & Bell	L4	Judge Last 4
BL	Break Line	LS	Judge & Lap Score
WG	Wind Gauge	WJ	Water Jump
To	Take Over	CTo	In Charge of Take Over
IN	4x400 Take Over	Out	4x400 Take Over
LBBA	Assist Lap board		

Code of Conduct for Photographers

Press/photographers must be easily identifiable and must report to the Official in charge of the event and should only be allowed on to the competition area with the Meeting Organiser's permission.

Photographers entering the competition area must:

1. Report presence to officials in charge of event
2. Comply with requests from officials to move location
3. Be aware of roped restrictions
4. Take notice of and acknowledge warning horns
5. Look both ways before crossing tracks and runways
6. Not use the centre field as a short cut
7. Not obstruct the progress of any event

Q. As a licensed Official am I expected to attend every meeting I am invited to?

No of course not; as a volunteer you give of your free time as you can.

If however you decide that you want to progress up through the levels you will need to take another course. It therefore follows that the more meetings you attend, the more experience you acquire, the better your chances of progression.

Senior Officials use the County Championships each year to assess the progress of junior Officials and you should make every effort to be available. As well as your technical ability as a track judge, attention will be paid to your attitude as a whole. It is expected that the team should be uniformly dressed. The dress code is normally white polo shirt with dark trousers and fleece or sweater.

Many counties now produce their own outfits, details of which can be obtained from your County Officials' Secretary. Many meetings these days are dependant on sponsors for financial support and the presence of a smartly turned out team of officials going about their duties in a quietly efficient manner, can only enhance the presentation of the meeting as a whole and, hopefully attract further support

What to do in the event of a dangerous incident or an accident.

DANGEROUS INCIDENT

Notify the Referee who in turn will:

- (1) notify the facility where the incident occurred
- (2) complete the UK Athletics Accident/Incident report form.

ACCIDENT

Notify the Referee who in turn will:

- (1) notify the facility where the incident occurred
- (2) record the following details:
 - (a) date and time of accident
 - (b) details of the injured person
 - (c) name of event and promoter
 - (d) description of accident with diagrams and/or photographs if possible
 - (e) nature of injuries
 - (f) details of any first aid and names of first aiders
 - (g) names of any persons present
 - (h) details of the reporting person

In the case of a reportable accident (i.e. an accident in which the injured party is likely to require medical treatment) the UK Athletics Accident/Incident Report form will need to be completed by the reporting person. The reporting person is likely to be the Referee or Meeting Manager, but can be any responsible person.

IF IN DOUBT REPORT THE ACCIDENT

Helpline:

Peter Sutcliffe 0208 384 0261 (H)07803 671971 (M):

columns at the same time. Mark those lapped in an appropriate manner.

Lap Board and Bell

Set up the board before the race starts and indicate the number of full laps the athletes have to complete. Reduce the displayed number by one each time the last athlete has passed you. If lapping has occurred, change the board when the leading athlete is in the home straight. When the board displays a 1 the bell should be rung for each athlete as they start their last lap. Be careful if any athletes have been lapped, as you need to indicate to them how many laps they have left. You would normally have someone to assist in this task.

Wind Gauge

The wind gauge can be used for races up to 200 metres. For races on the straight track you should watch the Starter's gun and when it is fired you should start the gauge. For 150 and 200 metre races the gauge is not started until the leading athlete enters the finishing straight. For 100m Hurdles and 110m Hurdle races the time measured is 13 seconds. For all other races the time measured is 10 seconds. The gauge is read and the details written on a pad and handed to the Referee or Steward as advised. The reading must be to 1 decimal place with plus readings being rounded up and minus ones rounded down. E.g. + 1.82 = +1.9 but - 1.82 becomes -1.8

Umpiring Duties

Track positions

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 item on hurdles

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 item on hurdles

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 any one 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 offence. If the athlete runs out of lane also include the number of strides. 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 when he/she broke. Report the incident to the Track Referee. If more than one person broke was it because they had no choice. You will be expected to watch the rest of the race for other infringements.

Hurdles

Always carry a crib sheet with hurdle positions, weights and heights and check hurdles in your area (see page 15). At large meetings this job will be done by a Clerk of the Course but at local meetings you are lucky if you have someone spare to do it. Did the athlete jump the hurdles in their lane, did the trailing leg clear the hurdle or was it dragged round the outside and below the height of the hurdle? If hurdles are

Infringement Report Slip

EVENT
 Heat No.
 Semi-Final No.
 Final.

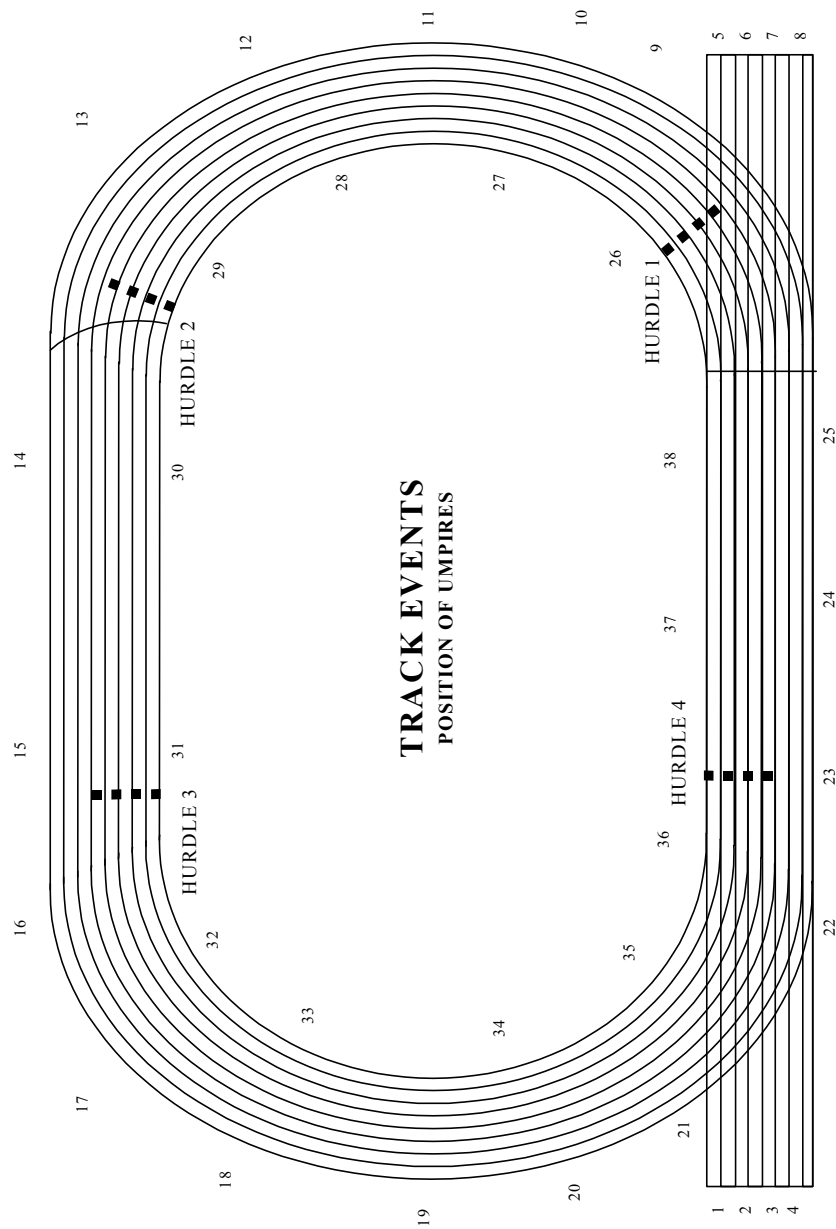
UMPIRING POSITION No.
 UMPIRE No.
 Signature

DETAILS OF INFRINGEMENT / INCIDENT

COMP No

Ran on or over lane linestrides.....cm out of lane
 Brokemetres before Break Line
 Stepped off the track forstrides on lap No....
 Impeded Competitor No. (Details below)
 Trailed leg around hurdle, flight No.
 Knocked down hurdle deliberately, flight No.
 Trailed leg around steeplechase barrier No. on lap No.
 Failed to clear water jump correctly on lap No.
 Received assistance or coaching – details below
 Retired from race on lap No.
 Other infringement incident or additional information – details overleaf

Positions of Track Umpires



knocked down was it an accident or was it pushed over deliberately by the hand or by kicking it out of the way?

Steeplechase

Check that all athletes jump over the barriers. They can use their hands and are allowed to put one or both feet on the barrier if they wish. The trailing leg need not go over the barrier but must be above the height of the barrier. You should be aware of whether your barrier should be on the track for the entire race or put on once all the athletes have passed on the first lap. Athletes may not be required to jump the water on the first lap. If the water jump is on the inside you should ensure that kerbing has not been left in position when it is the time for the water to be jumped. The athletes can land in the water but must not land on the surface alongside the water. Where the water jump is on the outside the revised inside lane should be marked with cones or similar.

The placing and removal of barriers, cones and or kerbing is the responsibility of the Clerk of the Course but you should be prepared to assist if necessary. See pages 11-13.

Relay Take over (4 x 100)

Teams of Officials are sent out to supervise the changeovers in relay races. As a qualified Official, it is likely that you will be asked to take charge with help from the spectators. You will need to take a set of red and white flags and, if possible, the relay draw which you should get from the Track Referee. When the Starter is ready to start the race he will blow his whistle to ascertain that you are ready and you should acknowledge immediately even if you have to raise the red flag and change it to white when you are ready. The Track Referee should tell you the method being used by the Starter. You should take up a position to allow the best possible view for the duty given i.e. watching the outside four lanes on the out. You are there to ensure that all teams exchange the baton within the take over zone without impeding other athletes. Remember that it is the position of the baton that is important. If you are given an 'in' duty you must watch to make sure that the athlete does not commence his/her run before the start of the acceleration box and that the baton is exchanged in the take over box. If the baton is dropped it must be picked up by the athlete who dropped it. They may leave their lane to do so provided they do not impede another athlete. Once the change over is completed signal to the Track Referee as quickly as possible, having first checked with the rest of your team. The Track Referee will acknowledge your signal. If an athlete leaves the change over box or acceleration box prior to receiving the baton he must return to the box and STOP before commencing his run.

Relay Take over 4x400

All change overs are at the finish area. The duties are similar to those for the 4x100 in that the baton must be changed within the confines of the change over box. There is no acceleration box for the 4x400, therefore the athletes must commence their run from inside the box. If an athlete leaves the change over box prior to receiving the baton they MUST return to the box and STOP before commencing their run. Watch out for obstruction etc.

Hurdle Specifications

Age Group	Distance	Hurdle Height	Toppling Weight (kg)	No of Flights	Track marking
Sen Men	110	106.7	3.6	10	Blue
	400	91.4	3.6	10	Green
Jun 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
Sen Women	100	84.0	3.6	10	Yellow
	400	76.2	3.6	10	Green
Jun 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

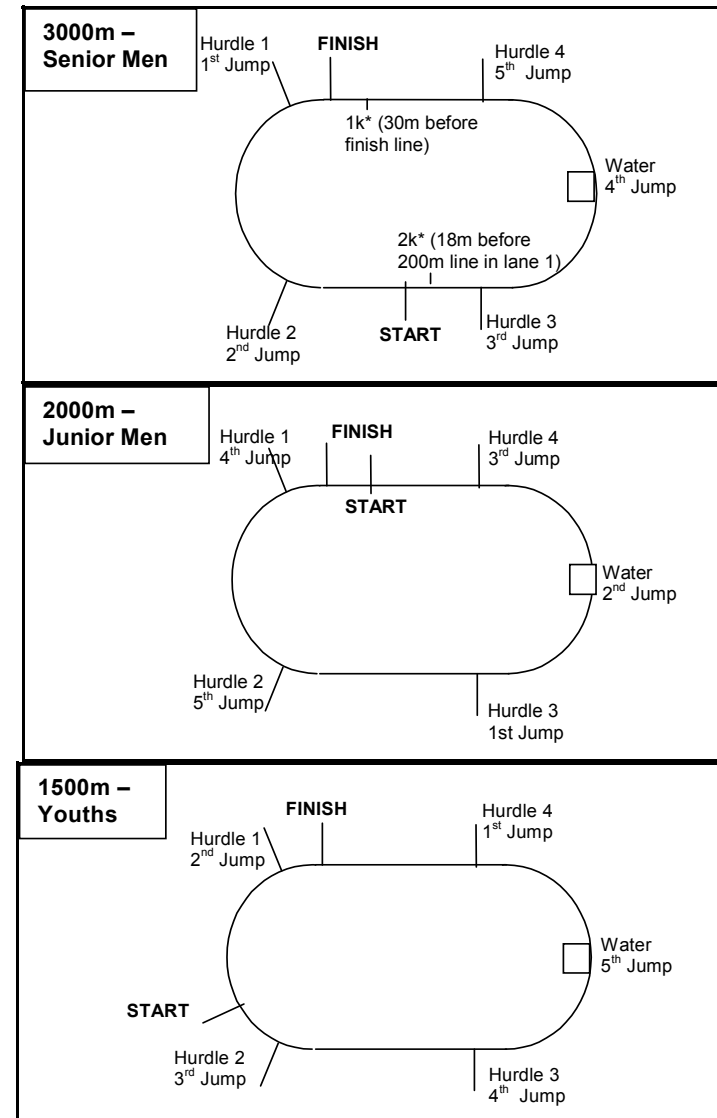
Steeplechase Details—Water Jump Inside

Category	Race	Distance to 1st Barrier	No of Hurdles	No 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

Steeplechase Details—Water Jump Outside

Category	Race	Distance to first barrier	No of Hurdles	No 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

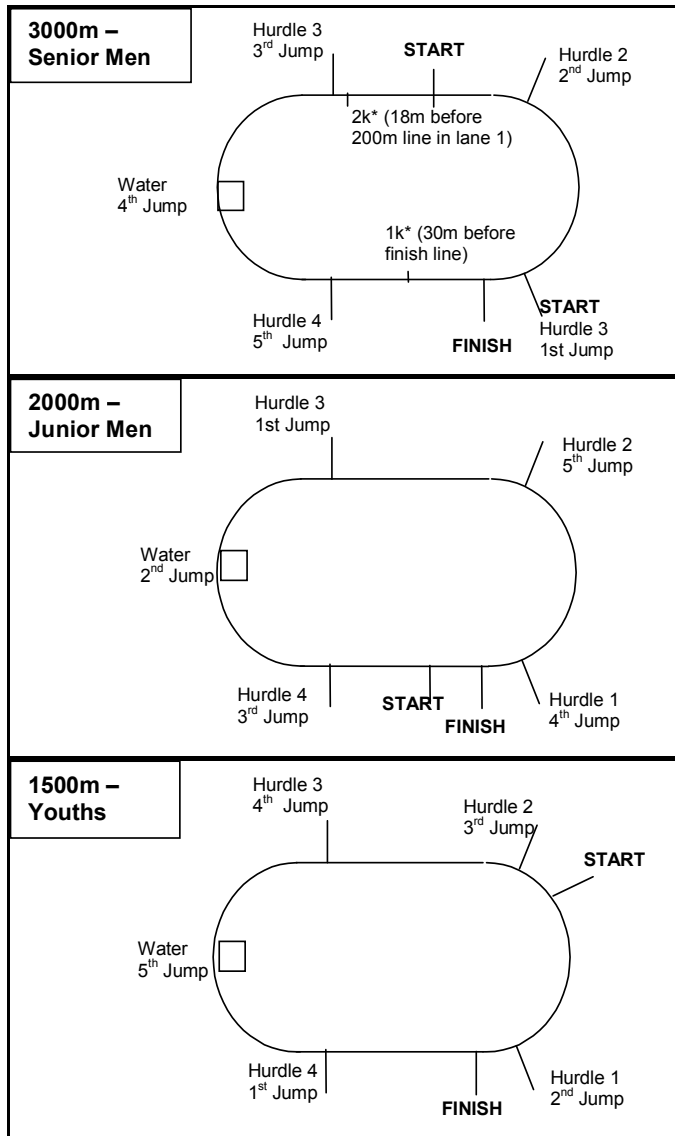
STEEPLECHASE RACES RULE 117 – IAAF RULE 169—Water Jump 1st Bend



Calculations for the 1k and 2k points in the 3000m and approx start lines for all 3 races assume a Water Jump lap of 394m. Barrier heights Men – 91.4cm Women – 76.2cm

STEEPLECHASE RACES

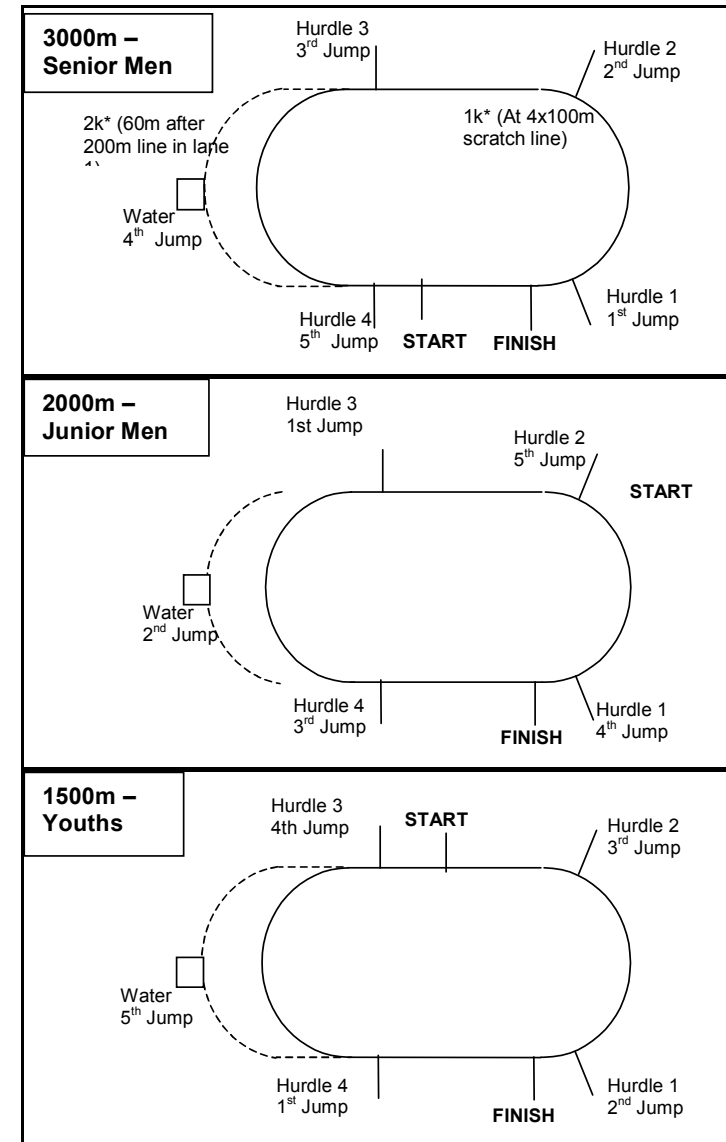
ATHLETICS RULE 117 – IAAF RULE 169—WATER JUMP INSIDE



UK Calculations for the 1k and 2k points in the 3000m and approx start lines for all 3 races assume a Water Jump lap of 394m.
Barrier heights Men – 91.4cm Women – 76.2cm

STEEPLECHASE RACES

UK ATHLETICS RULE 117 – IAAF RULE 169—WATER JUMP OUTSIDE



Calculations for the 1k and 2k points in the 3000m and approx start lines for all 3 races assume a Water Jump lap of 420m.
Barrier heights Men – 91.4cm Women – 76.2cm