

Appendix 6h

To 'ACC Cross Country'

**STARTER**

The main task of the Starter is to ensure that all competitors get an even start. **Events must start on time – do not start any event early! Check start times during the day with the carnival manager.** Re-calling up to 300 hundred competitors is extremely difficult — false starts should be avoided at all costs.

There will be at least three **start line assistants** whose task is to ensure that runners move quickly from the marshaling area to stand in readiness behind their school name sign. When the starter calls up the runners to the start line, the start line assistants are to assist the starter to get the runners correctly positioned behind the start line and signal to the starter when the line is ready for a start.

**Start**

- Step 1 At the designated start time (see schedule of events) and in conjunction with the timekeepers, call the start line assistants to the start line.
- Step 2 Advise runners in each event of the start procedure (use the radio microphone provided or a loud hailer).
- Step 3 Call the runners to the start line.
- Step 4 Allow the start line assistants to correctly position the runners in pairs 2 behind 2 at the start line. *No Limits/Inclusive runners should be at the rear of the group.* When the start line assistants signal that the runners are ready, start individual events. Do not start an event until you are sure the timekeepers are ready and watching the start and have signaled their readiness to you.
- Step 5 Start Commands
- a. Take your marks.
  - b. Gun **or air horn**
  - c. False Start — second gun

**False Start**

- Step 1 Sounding of second gun.
- Step 2 Chief Marshal and start line assistants to re-marshall the event ready for a second start.
- Step 3 Re start the race.

- **Schools should brief and prepare their runners before the carnival for a massed start in pairs 2 behind 2.**
- **Teams must not spread wider than the width of two runners on the start line and they may not move away from their designated start line position to try and take up a more favorable position on the start line.**
- **The starter has the authority to give an official warning to any team(s) not lining up correctly for the start. If any team continues to disregard this warning, then the starter may disqualify a team for not lining up correctly at the start.**

**Marshaling and start times are as follows:**

\* The starter uses a radio microphone through the main PA and needs to work with the announcer to closely monitor starts so as not to talk over each other. If the radio mic fails or is not available, you will need to use a loud hailer.

**SCHEDULE OF EVENTS**

Event	Gender	Age	Marshal	Start	Finish Cut-off Time
1	GIRLS	U13	9:10 AM	<b>9:30 AM</b>	9:50 AM
2	BOYS	U13	9:35 AM	<b>9:55 AM</b>	10:13 AM
3	GIRLS	U14	9:54 AM	<b>10:14 AM</b>	10:34 AM
4	BOYS	U14	10:15 AM	<b>10:35 AM</b>	10:53 AM
5	GIRLS	U15	10:34 AM	<b>10:54 AM</b>	11:19 AM
6	BOYS	U15	11:00 AM	<b>11:20 AM</b>	11:43 AM
7	GIRLS	U16	11:24 AM	<b>11:44 AM</b>	12:09 PM
8	BOYS	U16	11:50 AM	<b>12:10 PM</b>	12:33 PM
9	GIRLS	OPEN (U19)	12:14 PM	<b>12:34 PM</b>	12:59 PM
10	BOYS	OPEN (U19)	12:40 PM	<b>1:00 PM</b>	<b>1:23 PM</b>

**NB: No Limits/Inclusive students will compete within their age/gender category, unless advised otherwise.**

NB: Start times for events are only approximate and may vary slightly on the day. Check with carnival manager.

[\\* See Appendix 6i for marshalling & start line procedures.](#)

[\\* See Appendix 16 for Start Line Positions & Marshaling Areas](#)