

A VOLUNTEERS GUIDE TO THE TRACK

Standard synthetic tracks are 400m in length, allowing for the regulated conduct of events, however grass track often vary. Whilst all events are likely to end at the same finish line, it is important to note that the starting point is different for each event.

TRACK EVENTS

Track events on the Centre Level Standard Events Table include:

- Laned track (70m, 100m, 200m, 400m).
- Laned track - Hurdles (Sprint and long)
- Circular (800m, 1500m)
- Racewalk

Additional information regarding other events, including relays, is available in LAVic's Centre Officiating Guide.

START TYPES

When is a crouch start used?

Without blocks or spikes, by choice of any competitor in a laned event.

Who can use blocks?

Only competitors in the U11 age and above may use blocks in laned events.

- If wearing spikes and crouching, must use blocks.
- If wearing runners, may use blocks.

When is a standing start used?

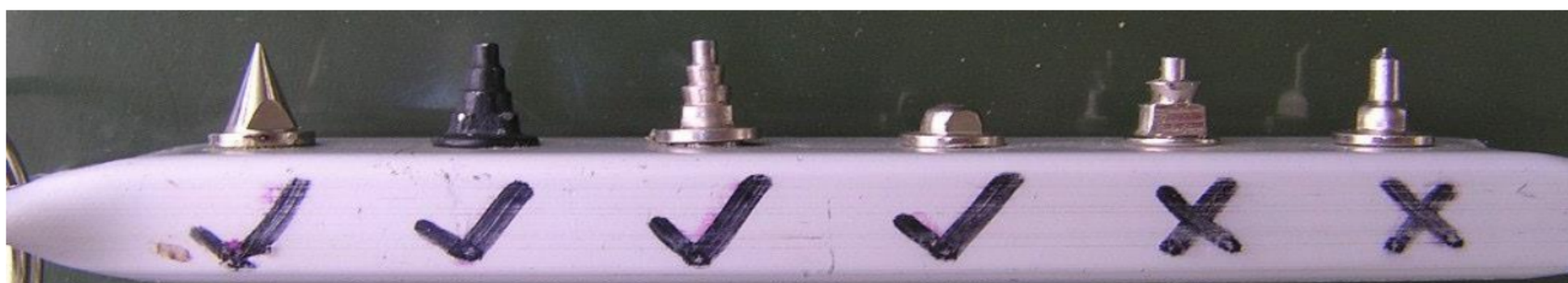
- Events over 400m/events not run entirely in lanes.
- By choice of any competitor in track events.

SPIKES

- Spikes may only be worn by competitors in the U11 age groups and above, in circumstances as outlined.
- Many venues will allow a maximum 7mm length spike at their facility in the displayed styles, however it is important to check the requirements of your specific venue.

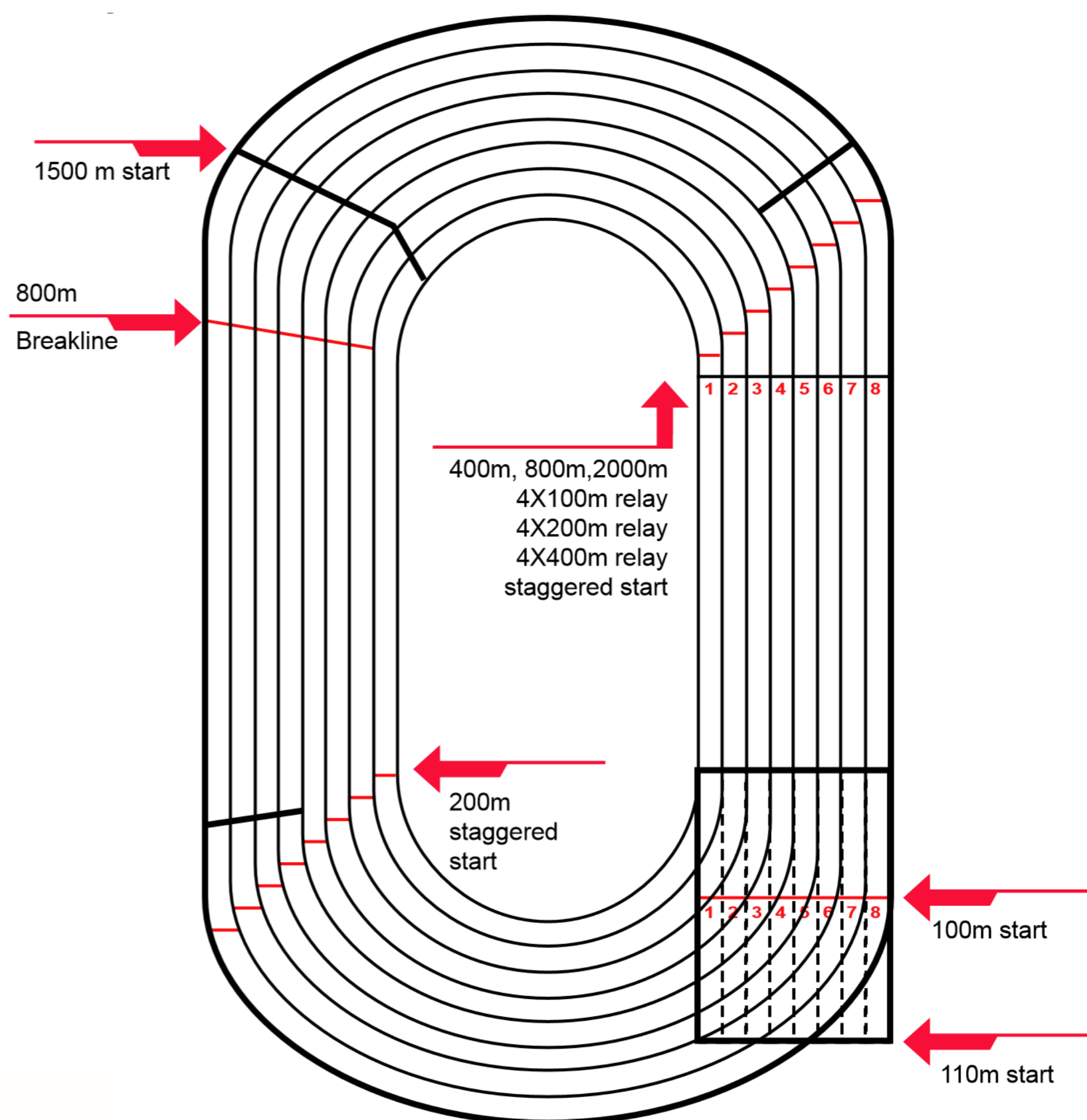
Age Groups	Track Events	Field Events	Out of Stadia
U6 - U10	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed
U11, U12	All individual events up to and including 400m and all Relay events	All jump events & Javelin	No spike shoes allowed
U13 and above	All events except Race Walks	All jump events & Javelin	No spike shoes allowed

Who is permitted to use spikes, and when?



What styles of spike can be used?

TRACK REFERENCES



LAPS

		$\frac{3}{4}$ 700m	1 400m	700m Walk
		2 800m	1 400m	800m
	$\frac{3}{4}$ 1100m	2 800m	1 400m	1100m Walk
$\frac{3}{4}$ 1500m	3 1200m	2 800m	1 400m	1500m/Walk