

# Timekeeping

## 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).

## What if I make a mistake?

Mistakes do happen, even when experienced timekeepers are timing. Sometimes you miss the start, your stopwatch doesn't start or stop when you press the button, or confusion happens over which place each person was timing. If this happens to you:

- Don't panic
- Don't let on to the athletes that there is any problem
- Quietly let the Chief Timekeeper know and they will deal with it

## What are some "Handy Tips" for timekeepers?

- Don't tell all the athletes their times at the side of the track - it slows things down.
- Hold the stopwatch in one hand with your finger on the top button (stop/start button).
- If in a timekeepers stand, remain seated so timekeepers behind you can see.
- If standing to time keep, remain still so timekeepers behind you can see.
- Have two sets of timekeepers, to start the next race immediately after the previous race has finished.



# Walks

## What distance do the athletes walk?

U9	700m
U10, U11	1100m
U12, U13, U14, U15, U17	1500m

## What is the basic technique?

- Posture - have the head and body tall, shoulders parallel to the front.
- Arms - swing the arms with shoulders relaxed and low.
- Legs/feet - The basic action of the walk is a heel-toe action. The athlete lands on their heel and rolls forward on to their toe. From the time the heel hits the ground to the time the foot passes underneath the body the leg must be straight.

## What is a CAUTION?

A caution is given when an athlete is "close" to breaking the rules. e.g. it looks like they might be starting to bend their knee too early. You can get a caution from each judge.

## What is a WARNING?

A warning is issued when an athlete has "broken" the rules. This can be for knees (not keeping the leg straight from first contact to a vertical position) or loss of contact with the ground.

- Athletes in the U9-U12 age groups are given verbal warnings during the race.
- Athletes in the U13-U17 age groups are given non-verbal warnings. i.e. they are not informed by the judge during the race that they have been issued a warning and only find out at the end of the race how many warnings they have received.

## When is an athlete disqualified?

If they receive a "warning" by 3 or more different walk judges. N.B. Athletes are allowed unlimited "cautions" and will not be disqualified.

## Where do the judges stand?

- Judges spread themselves out around the outside of the track so that between them they have all areas covered i.e. divide the track up by the number of judges.
- Each judge is responsible for his/her own area. Judges cannot give cautions or warnings to any athlete for something they see outside of their area.

## What are some "Handy Tips" for conducting walks?

- Conduct one race walks event per age group or combine age groups.
- Allow walkers aiming to use correct technique to use lane 1, non-competitive walkers to use lane 2.
- Allow the athletes to finish the race before disqualifying.

