

## 100 / 200 Meter Sprint Procedure – also 400 meters, no flags needed.

Two at start line – starter + one other.

Starter has pistol or horn and whistle and hearing protection. Second has red and white flags.

Starter watches athletes and second. Second sees athletes and finish crew.

Eight at finish line: six lane timers, head judge, second judge. If fewer available, can cut second judge or run fewer lanes. Lane timers have single time watches, judges have printing watches.

Head judge has red and white flags and whistle. Second judge has clipboard to record

Clerk presents group to the start line – can be multiple heats – and start register / cards to starter.

Clerk or starter instructs athletes on procedure: on your marks, set, gun.

For initial heat, or when readiness of finish crew is unknown: starter blows whistle, head judge raises RED flag. When timers are ready and track is clear, head judge raises WHITE flag, ready for start.

Best procedure is judge always responds to starter's whistle with RED flag first, then WHITE flag.

Instruction to athletes: This event is run in lanes. At the finish, stay in your lane until the finish crew records your result. There are three commands: “on your marks,” “set,” and the gun (horn). At “set,” come to your final starting position and remain still. The false start signal is a second blast.

Procedure for a heat: (flag protocol not needed for 400 meters)

	Head judge raises WHITE flag, ready to start.
Starter calls athletes to marks.	
Starter continues start procedure	
Second may raise RED flag to abort.	Head judge may raise RED flag and whistle to abort. (E.g. crew loses readiness.)
Gun – second may raise RED flag for recall. Officials should not be unduly picayune about false starts for less competitive heats.	
Second raises WHITE flag on clean start.	

At finish, judges pick places 1-2. Athletes remain in lanes until times are recorded.

Judges determine places 1-2. If they disagree, lane timers determine.

Record heat number, lane number, bib number, and time at least, name if possible.

For places 1-2, record additional times from judges' watches.

When ready for next heat, head judge raises WHITE flag.

If there is a problem or long delay, judge may signal with RED flag.

It's only 100 meters distant – start and finish crew may confer if there is difficulty.

Note that we will calculate a speed-of-sound correction if using the horn to start.

USATF rules have higher level specifications for place and time determination.