

## Who runs what distance?

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
60mH (45cm)	---	---	BG	BG	---	---	---	---	---	---	---	---
60mH (60cm)	---	---	---	---	BG	BG	---	---	---	---	---	---
60mH (68cm)	---	---	---	---	---	---	BG	---	---	---	---	---
80mH (76cm)	---	---	---	---	---	---	---	BG	G	---	---	---
90mH (76cm)	---	---	---	---	---	---	---	---	B	G	G	G
100mH (76cm)	---	---	---	---	---	---	---	---	---	B	B	B
110mH (76cm)	---	---	---	---	---	---	---	---	---	---	---	B
200mH (68cm)	---	---	---	---	---	---	---	BG	---	---	---	---
200mH (76cm)	---	---	---	---	---	---	---	---	BG	BG	BG	BG

## What is the basic technique?

Hurdling is basically an extension of running. The first leg over the hurdle is called the 'lead leg' and the second leg over is called the 'trail leg'.

- Lead leg - **straight up** (bent knee raised to chest), **straight out** (extend the leg over the hurdle), **straight down** over the hurdle (plant the foot on the other side of the hurdle).
- Trail leg - lift the leg to the side with heel to bottom. Pull the knee around and through to the chest, and then foot plant in the direction the athlete is running. (Some coaches like to tell their athletes to pop the balloon for this part of the action).

## When can an athlete be disqualified in hurdles?

- If in the opinion of the referee, an athlete deliberately knocks down a hurdle by hand or foot.
- If an athlete interferes or impedes another athlete's performance.
- If an athlete goes under or around a hurdle.
- If an athlete trails their foot around the side of a hurdle.
- If an athlete jumps a hurdle not in their own lane.

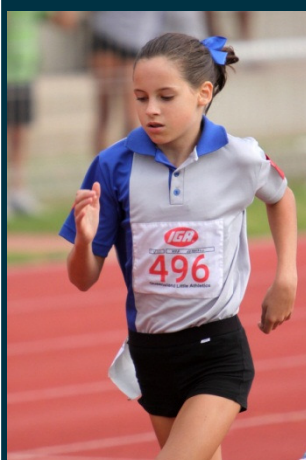
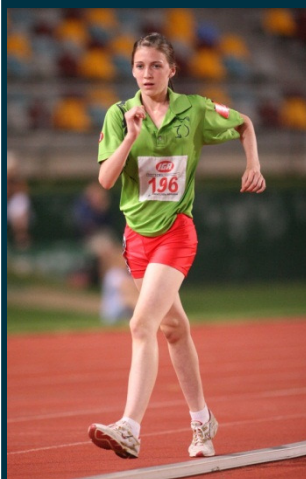
## What are some safety considerations?

Make sure ALL hurdles are facing the right direction. Hurdles have stripes or markings on one side. These stripes or markings always need to face the athlete regardless of what direction the legs of the hurdles are pointed. Never allow athletes to jump hurdles from the wrong direction. This is most likely to occur after athletes have been permitted a practice jump prior to their event.

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

- When conducting hurdles on the one day/night, have higher hurdle events first, then lower hurdle events. Alternatively, conduct U13-U17 on one week and U8-U12 on the following week.
- Conduct hurdle events on the back straight to allow track events to continue on the front straight, or vice versa (if room allows).





## What distance do the athletes walk?

U6, U7, U8	300m
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 - bend the arms at elbows and swing them 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 advancing or "lead" 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 RED CARD?

A Red Card 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.

- All athletes are given verbal warnings during the race.

## When is an athlete disqualified?

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

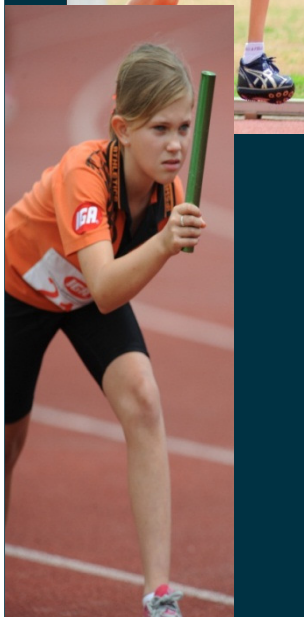
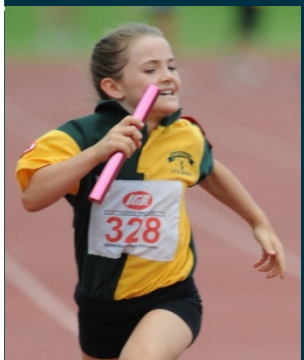
## Where do the judges stand?

- 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. and as assigned by Chief Walk Judge.
- Each judge is responsible for his/her own area. Judges cannot give cautions or red cards 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.





## What are the different types of relays?

- Shuttle Relay - (standard event for U6) - 4 athletes line up opposite one another. The first person at one end starts with the baton, runs to the other end and passes it to the first runner there. They continue back and forth etc.
- Circular Relay - 4x100m, 4x200m and 4 x Medley. Four athletes per team, with each athlete having to run 100m, 200m, 400m or 800m around the track.

## What are the different passing techniques?

- Shuttle Relay - the baton is held vertically at the bottom. It is received at chest level with the receiver's arms outstretched and their hands creating the shape of a butterfly.
- Circular Relay - Non visual downward pass. This is the safest pass. The receiver has their arm outstretched behind them with their palm facing up and thumb towards the midline of the body. The incoming runner then places the baton downwards into the receiver's hand.

## Where must the baton be passed?

For Circular Relays, there is a "20m change-over zone" in which the baton must be passed. There is also a "10m acceleration zone" for the outgoing runner to build their speed before the change-over zone. There is no acceleration zone for relays or 4 x Medley.

## What happens if the baton is dropped during the change?

If the baton is dropped, the athlete who dropped it must pick it up. Athletes may leave their lane to do this as long as they do not interfere with any of the other runners on the track. Once the baton has been retrieved, the athlete can return to their lane and continue with the race. Provided this is done within the change-over zone, there will be no disqualification.

## When will a team be disqualified?

- If the baton is thrown between runners.
- If the baton is not carried by hand the whole way.
- If an athlete interferes with any other competitors.
- If the baton is not changed in the "20m change-over zone"
- If athlete runs on or over their inside lane line.