

PART II - TRACK EVENTS

Rules 17.1, 17.6 (except under Rules 54.12 and 55.9), 17.14, 18.2, 19 and 21.1 of the Technical Rules also apply to Parts VI, VII, and VIII of the Technical Rules.

14. Track Measurements

- 14.1 The nominal length of a standard running track shall be 400m (“400m Standard Oval Track”). It shall consist of two parallel straights and two bends whose radii shall be equal. The inside of the track shall be bordered by a kerb of suitable material that should be coloured white, with a height of 50mm to 65mm and a width of 50mm to 250mm. The kerb on the two straights may be omitted and a white line 50mm wide substituted.

If a section of the kerb on a bend has to be temporarily removed for Field Events, its place on the surface beneath shall be marked with a white line 50mm in width and by cones or flags, minimum height 0.15m, placed on the white line so that the edge of the base of the cone or flag pole coincides with the edge of the white line closest to the track, and placed at intervals not exceeding 4m (2m for the curved part of an inside steeplechase diversion). (Flags shall be placed at an angle of 60° with the ground away from the track.) This (including also the option of temporary kerbing) shall also apply to the curved section of the steeplechase track where athletes divert from the main track to negotiate the water jump, to the outer half of the track in the case of starts according to Rule 17.5.2 of the Technical Rules and, optionally, to the straights, in this latter case, at intervals not exceeding 10m.

Note: All points on lane 1 inside lane line at which the track changes from a curve to a straight or a straight to a curve shall be marked, in a distinctive colour 50mm x 50mm on the white line, by the surveyor and a cone placed at such points during a race.

- 14.2 The measurement shall be taken 0.30m outward from the kerb or, where no kerb exists on a bend (or the diversion from the track for the steeplechase water jump), 0.20m from the line marking the inside of the track.

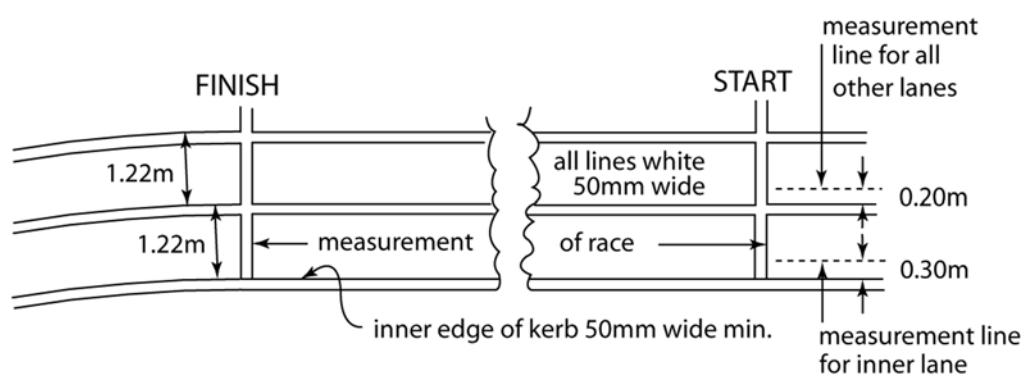


Figure TR14 - Track measurements (infield view)

- 14.3 The distance of the race shall be measured from the edge of the start line farther from the finish to the edge of the finish line nearer to the start.
- 14.4 In all races up to and including 400m, each athlete shall have a separate lane, with a width of 1.22m \pm 0.01m, including the lane line on the right, marked by white lines 50mm in width. All lanes shall be of the same nominal width. The inner lane shall be measured as stated in Rule 14.2, but the remaining lanes shall be measured 0.20m from the outer edges of the lines.

Note: For all tracks constructed before 1 January 2004 for all such races, the lane may have a

width of maximum 1.25m. However, when such a track is fully resurfaced, the lane width shall comply with this Rule.

- 14.5 In competitions under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition, the track should allow for eight lanes minimum.
- 14.6 The lateral inclination of tracks towards the inside edge should not exceed 1:100 (1%) unless special circumstances exist which justify World Athletics providing an exemption, and the overall downward inclination in the running direction shall not exceed 1:1000 (0.1%) between any start and finish line.
- 14.7 Full technical information on track construction, layout and marking is contained in the World Athletics Track and Field Facilities Manual. This Rule gives basic principles, which must be followed.

When any section of the kerb is temporarily removed this should be kept to a minimum, sufficient to enable the Field Events to function fairly and efficiently.

Colours to use for marking the track are indicated on the Track Marking Plan included in the World Athletics Track and Field Facilities Manual.

15. Starting Blocks

- 15.1 Starting blocks shall be used for all races up to and including 400m (including the first leg of the 4 × 200m, the Medley Relay and 4 × 400m) and shall not be used for any other race. When in position on the track, no part of the starting block shall overlap the start line or extend into another lane, with the exception that, provided there is no obstruction to any other athlete, the rear part of the frame may extend beyond the outer lane line.
- 15.2 Starting blocks shall comply with the following general specifications:
- 15.2.1 The starting blocks shall consist of two foot plates, against which the athlete's feet are pressed in the starting position and which shall be mounted on a rigid frame. They shall be entirely rigid in construction and shall give no unfair advantage to the athlete. The frame shall in no way obstruct the athlete's feet as they leave the blocks.
- 15.2.2 The foot plates shall be sloped to suit the starting position of the athlete, and may be flat or slightly concave. The surface of the foot plates shall accommodate the spikes in the athlete's shoes, either by using slots or recesses in the face of the foot plate or by covering the surface of the foot plate with suitable material permitting the use of spiked shoes.
- 15.2.3 The mounting of the foot plates on the frame may be adjustable, but it shall allow no movement during the actual start. In all cases, the foot plates shall be adjustable forward or backward in relation to each other. The adjustments shall be secured by firm clamps or a locking mechanism, which can be easily and quickly operated by the athlete.
- 15.2.4 They shall be fixed to the track by a number of pins or spikes, arranged to cause the minimum possible damage to the track. The arrangement shall permit the starting blocks to be quickly and easily removed. The number, thickness and length of pins or spikes depend on the track construction. The anchorage shall permit no movement during the actual start.
- 15.2.5 When an athlete uses their own starting blocks, they shall comply with these Rules but otherwise may be of any design or construction, provided that they do not interfere with other athletes.

- 15.3 In competitions held under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition and for any performances submitted for ratification as a World Record under Rule 32 of the Competition Rules, the starting blocks shall be linked to a World Athletics certified Start Information System. This system is strongly recommended for other competitions.

Note: In addition, an automatic recall system, within the Rules, may also be used.

- 15.4 In competitions held under paragraphs 1. and 2. (a), (b) of the World Rankings Competition definition, athletes shall use starting blocks provided by the Organisers of the competition. In other competitions on synthetic surfaced tracks the Organisers may insist that only starting blocks provided by them may be used.

This Rule should also be interpreted so that:

- a. no part of the frame or footplates can overlap a start line;
- b. the frame only (but not any part of the footplate) can extend into the outer lane provided there is no obstruction. This reflects the long standing practice of athletes at the start of races on a bend placing their blocks at an angle to run the most direct line after the start.

The use of lights, by deaf or hearing impaired athletes only, at the start of races is allowed and is not considered assistance. It should however be the obligation of the athlete or their team for the financing and supply of such equipment and its compatibility with the start system in use, unless at a particular meeting where there is an appointed technical partner who can provide it.

16. The Start

- 16.1 The start of a race shall be denoted by a white line 50mm wide. In all races not run in lanes, the start line shall be curved, so that all the athletes start the same distance from the finish. Starting positions in events at all distances shall be numbered from left to right, facing the direction of running.

Note (i): In the case of events starting outside the stadium, the start line may be up to 0.30m in width and may be of any colour contrasting distinctively with the surface of the start area.

Note (ii): The 1500m start line, or any other curved start line, may be extended out from the outside lane to the extent that the same synthetic surface is available.

It is anticipated that, in order to efficiently complete the start procedures and for larger meetings to appropriately introduce the competitors in the race, the athletes, when assembled, should be standing and facing in the direction of the race.

- 16.2 At all competitions, except as noted below, the commands of the Starter shall be given in their own language, in English or in French.
- 16.2.1 In races up to and including 400m (including 4 × 200m, the Medley Relay as defined in Rule 24.1 of the Technical Rules and 4 × 400m), the commands (in English) shall be “On your marks” and “Set”.
 - 16.2.2 In races longer than 400m (except 4 × 200m, the Medley Relay and 4 × 400m), the command (in English) shall be “On your marks”.
 - 16.2.3 In any race when, under Rule 16.5 of the Technical Rules, the Starter is not satisfied that all is ready for the start to proceed after the athletes are on their marks or they otherwise