

## Clerking Thoughts

1. Be pleasant but firm. Speak with the athletes only if they wish.
2. Check uniforms and jewelry. Be aware of the "Under Armour" brand, which has both a front and a back logo.
3. Batons are provided? Check relay cards.
4. Be sure your instructions to each race includes how to qualify (number or position.)
5. Be sure they know the starting line color, cut lines (where and who) and exchange zone colors (especially those not in front of the finish line)
6. \*\*Let the starters know empty lanes. Turn the athletes over to the starter officially when they are ready. Do they want you to tell the athletes to remove sweats or do they want to tell them?
7. Stay on the time schedule.
8. Have them ready to get onto the starting line as soon as possible.
9. Have athletes get their blocks ready as soon as possible. There will be block holders?

These colors may change with each track, check before the meet

1600 Meter run	Green start line, cut after 100 M (cones)
4 X 100 Relay	White start line, Yellow exchange zones
400 Meter Run	White start line
4 X 200 M. Relay	Black start line, 1 <sup>st</sup> & 2 <sup>nd</sup> exchange zones are black (2 <sup>nd</sup> & 3 <sup>rd</sup> runners), 3 <sup>rd</sup> exchange is yellow
800 M. Run	White start line, cut after 300 M. (cones)
4 X 400 M Relay	Blue start line, 2 <sup>nd</sup> runner Blue staggered triangles (cut after 100 M. – cones) 3 <sup>rd</sup> & 4 <sup>th</sup> runners Blue. California exchange at blue triangles straight across the track.