

## A Starter Check List

1. Finish and lap cards ready?
2. Two Command or One Command start?
3. Correct starting lines?
4. Confirm what lanes full?
5. Blocks set?
6. Hurdles correct?
7. Three good blanks in correct position in gun?
8. Timing trigger in place?
9. Finish line ready?
10. Sweats off/Uniforms OK/No jewelry?
11. Confirm that all can hear you.
12. Hearing protection in place?
13. Positive comment to athletes.
14. Cock gun.
15. "On your Marks."
16. No one down too long.
17. All fingers behind line.
18. All settled and still?
19. "Set"
20. Count +1+2, up if too long.
21. Fire Gun.
22. Follow runners out, gun up.
23. Any fouls?