

Clerking Thoughts

1. Be pleasant but firm. Speak with the athletes only if they wish.
2. Check uniforms. Can only have
3. Batons are provided? Check relay cards.
4. Be sure your instructions to each race include 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?

TIP: Give out numbers for races not finishing in lanes. 800, 1600, 3200 write the lane and position on the numbers, so runners know where to go, example Lane one would 1a and 1b, but the “b” runner may not be in the second position on the list of runners.

These colors may vary by track; check before the meet.

1600 and 3200M 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 st & 2 nd exchange zones are black (2 nd & 3 rd runners), 3 rd exchange is yellow
800 M. Run	White start line, cut after 300 M. (cones)
4 X 400 M Relay	Blue start line, 2 nd runner Blue staggered triangles (cut after 100 M (cones on the track, run through the cones)—3 rd and 4 th runners on Blue Line. California exchange at blue triangles for 1 st to 2 nd runners. TIPS: Have the 4 th runner hold blocks for the leadoff runner so that the 2nd runner can set in lanes. 2 nd runner must be inside the exchange zone in each lane.

