**Level 2 Track questions**

These are the level 2 track questions which should be completed for accreditation to level 2. Please answer all of the questions below. You can use the UKA Rule Book to help you.

1. You have been invited to officiate at your County and/or Area Championships and the first track event starts exactly at 12 15pm.
	1. What is the latest time by which you should arrive?

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* 1. When you arrive at the stadium to which two officials should you report and why?
		1. Who? ..…………………………………………...................................................

Why? ...…………………………………………...................................................

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* + 1. Who? ..…………………………………………...................................................

Why? ..…………………………………………..................................................

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1. After reporting to these officials, state briefly **THREE** tasks you might undertake before the meeting starts to make your judging/umpiring easier.

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1. Give **THREE** items of equipment you require to officiate under all conditions

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1. List **FOUR** specific duties that the Track Referee would carry out.

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1. List **THREE** duties you might be asked to carry out as Clerk of Course

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1. An athlete appears in non-club colours when representing their club at a national league meeting between seven teams.
	1. Would you allow this athlete to wear these colours?

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* 1. Explain your answer in (a).

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1. An athlete wishes to cut the number(s) they were issued with to a smaller size.

* 1. Would you allow them to do this?

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* 1. Explain your answer in (a).

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1. You are a judge for a 400m race. Before the start of the race an athlete asks you if they can use their own starting blocks.
	1. What answer would you give them?

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* 1. Explain your answer in (a)

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1. What two important points should be observed about the Judges’ stand with relation to the Finish?

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1. Briefly describe **THREE** duties you might be allocated when acting as a judge **at the finish**.

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1. At the end of a race at a track meeting where would you normally find the Track Referee.

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1. Complete the following by filling in the blanks

*The finish of a race shall be denoted by a line …………..… wide.*

*The distance of a race shall be measured from the edge of the starting line …………………… from the finish to the edge of finish line ……………………. to the start*.

1. You are judging the finish of a 100m race
	1. To whom should you show your result?

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* 1. If you are in doubt about the position of any athlete, what should you do?

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1. An athlete has qualified for the semi-finals of the 100m event, but fails to come to the start, wishing to remain fresh for the 200m later in the afternoon. What action can the Track Referee take, if any?

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1. What is the minimum time allowed between the last heat of one round and the first heat of the next round or final in the following races:-
	1. 200m ...………………………………………….................................................
	2. 800m ...………………………………………….................................................
	3. 110m Hurdles ..………………………………….................................................
2. Which of the following statements are true/or false about outdoor hurdles:
	1. There are 8 flights in all senior women’s races.
	2. An athlete’s foot/leg has to be above the plane of the top of the bar.
	3. The correct height of the hurdles for senior women’s 400m is 84.0cm.
	4. An athlete is not allowed to deliberately knock over a hurdle with a hand but may do so with a foot.
	5. The toppling weight for hurdles in a 110 m race for senior men is 2.7KG.

1. How many flights of hurdles are there in the following races:-
	1. 100m U20 Women? …………………………….................................................
	2. 400m Senior Men? …………………………….................................................
2. You have been given the duty of checking the hurdles for a 100m hurdles race. List the **THREE** safety points you should check.

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1. This question refers to the starting, judging and umpiring positions. Please use the *attached track diagram* to answer this question.
	1. On the *attached track diagram* mark with the numbers **(1)** to **(7)** the correct position for each situation:
		* 1. The start of the 1500m race.
			2. Position of wind gauge for 200 races.
			3. The break line in an 800 race.
			4. Where to place the lap board and bell for distance races.
			5. The start of the 3000m Steeplechase with an **inside track** water jump.
			6. The position of the 4 hurdles in a steeplechase race (4).
			7. Position to stand to check trailing leg for lanes 3 and 4 in a 100m hurdles race.
2. Below are the results of the 5 heats of a 100m race. The qualifications for the next round are: *first in each heat and the 7 fastest losers.*

 **Heat 1 Heat 2 Heat 3 Heat 4 Heat 5**

21 – 10.9 6 – 11.3 8 – 10.6 14 – 11.0 9 – 10.9

27 – 10.9 1 – 11.3 2 – 10.7 12 – 11.4 3 – 11.0

28 – 11.0 4 – 11.4 17 – 11.0 11 – 11.4 13 – 11.0

16 – 11.4 29 – 11.4 15 – 11.7 10 – 11.4 18 – 11.4

 5 – 11.4 7 – 11.5 20 – 11.7 22 – 11.5 24 – 11.9

22 – 11.5 19 – 11.6 23 – 11.8

* 1. List the automatic qualifiers.

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* 1. List the fastest losers

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1. State **FOUR** duties you may be allocated when acting as an **Umpire**.

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1. You are an umpire responsible for the beginning of the take over box in a relay. You see an athlete start their run before the beginning of the box.
	1. What action do you take?

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* 1. Why?

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1. On the 2nd take-over during a 4x100m relay, an athlete in lane 5 drops the baton which rolls into lane 3; that athlete then retrieves the baton. What particular **two** points should an umpire look for in this situation?

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1. You are an umpire on position 17 during a 5000m race. List **FOUR** possible infringements you would be looking for.

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1. What number would you show on the lap board at the beginning of the following outdoor races:-
	1. 1500m? ..………………………………………….................................................
	2. 3000m Steeplechase? ………………………….................................................
	3. 5000m? ...………………………………………….................................................
	4. 10000m? .………………………………………….................................................
2. You are umpiring at the Water Jump in a 3000m Steeplechase. State **THREE SPECIFIC** infringements at this barrier which could lead to an athlete being disqualified.

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1. During a meeting held under UKA rules an athlete complains to their team manager that they believe they were deliberately impeded during a 1500m race. It is decided that a protest should be made to the Track Referee.
	1. Should the protest be made verbally or in writing?

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* 1. The referee turns down the protest. What further can the athlete take?

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* 1. Explain the reason for your answer to (b) above.

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1. You have been given the following duties. Give a brief explanation of how you would complete the duty.
	1. Lap Board and Bell

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* 1. Wind gauge

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Track Diagram for Question 19

