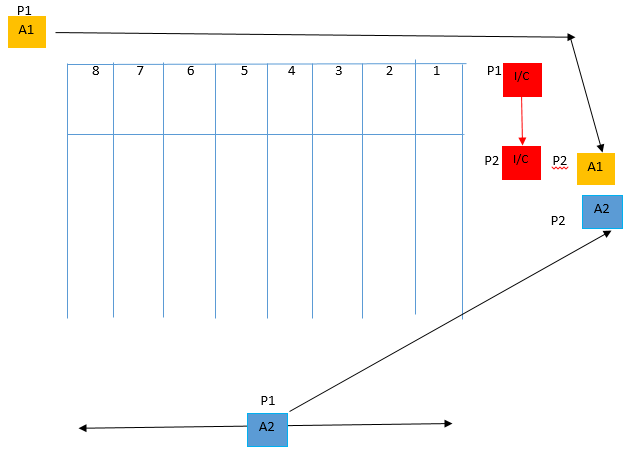
**Indoor – Ideal Starters’ Assistant Positioning**

P1 = 1st position to take / P2 = 2nd position to take

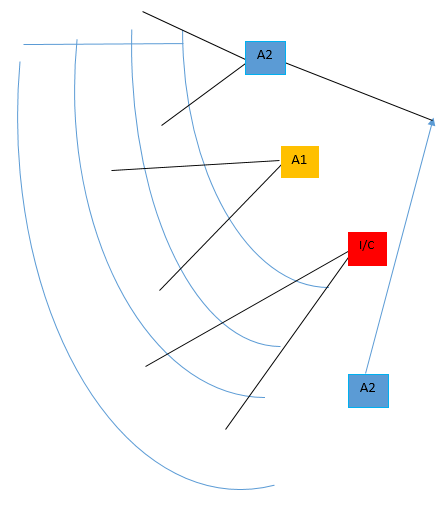
When positioning yourself to check athletes on their start line, you should ideally position yourself in a place to see what you need to with the minimal amount of movement possible.

**Straight Line Races**



|  |  |  |
| --- | --- | --- |
|  | **In Control (I/C)** | Ensures athletes are lined up in a straight line behind starting blocks prior to start, in preparation for presentation then Starters’ instructions. Then proceeds to check athletes in lanes 1-8 are settled for race as per duties given. |
|  | **Assist 1 (A1)** | Assists I/C in preparation for race as per duties given. Then proceeds to lead, check feet are in contact with blocks for lanes 8-1, then takes up relevant position behind I/C ready for start of race. |
|  | **Assist 2 (A2)** | Takes up position 30m up track to prevent excessive run-outs of athletes. Then makes way to relevant position dependant on level of meeting on outside of track. |

**Echelon Line Races**



|  |  |  |
| --- | --- | --- |
|  | **In Control (I/C)** | Ensures athletes are lined up in their lane prior to start, approx. 2-3mtrs behind start line, in preparation for presentation then Starters’ instructions. Then proceeds to check athletes in lanes 5-6 as per duties given in a position that requires the least amount of movement, preferably none, where possible. |
|  | **Assist 1 (A1)** | Assists I/C in preparation for race as per duties given. Then proceeds to check athletes in lanes 3-4 in a position that requires the least amount of movement, preferably none, where possible. |
|  | **Assist 2 (A2)** | Assists with preparation for race as required per duties given. Then proceeds to check athletes in lanes 1-2 in a position that requires the least amount of movement, preferably none, where possible. |
|  | **Assist 3 (A3)** | Takes up position 30m up track to prevent excessive run-outs of athletes. Then makes way to relevant position dependant on level of meeting on outside of track. |