

# Scottishathletics Start Team

Rule of the Month – November 2022

## TR14 – Track Measurements

A ruling and guidance that is not commonly used amongst athletes, in which when running in lanes, the inside kerb/left lane is not part of the athletes' lane.

This is due to the inside lane (Lane 1) usually having a kerb in place and not available to use or allowed to be used by any athlete.

Therefore the lane line on the right hand side of the athlete is counted as part of their lane.

### UKA/World Athletics Rule – TR14.4

In all races up to and including 400m, each athlete shall have a separate lane, with a width of  $1.22\text{m} \pm 0.01\text{m}$ , including the lane line on the right, marked by white lines 50mm in width. All lanes shall be of the same nominal width. The inner lane shall be measured as stated in Rule 14.2, but the remaining lanes shall be measured 0.20m from the outer edges of the lines.

*Note: For all tracks constructed before 1 January 2004 for all such races, the lane may have a width of maximum 1.25m. However, when such a track is fully resurfaced, the lane width shall comply with this Rule.*

### T14 S1 UKA Supplement - Track Measurements

The inside of the track should be bordered by a kerb of suitable material, approximately 5cm in width. The kerb on the two straights may be omitted and a white line 5cm wide substituted.

(4) Races up to 100 metres must be run on a straight course so as to allow a separate lane for each competitor.

(5) Individual races up to and including 400 metres should be run in lanes with a separate lane for each competitor.

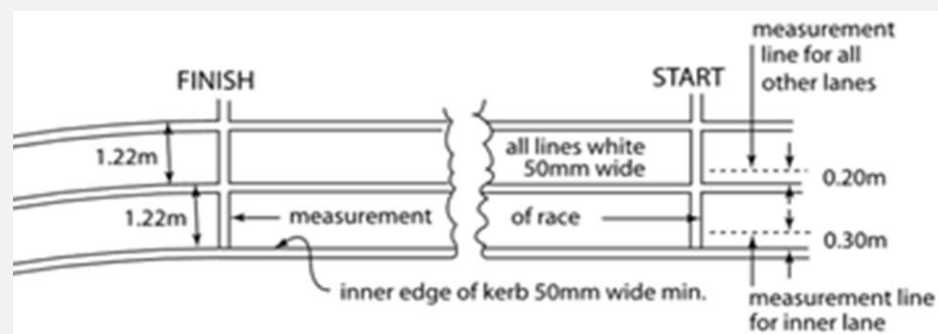
(6) Races over 400 metres and up to and including 800 metres may be run in lanes as far as the end of the first bend.

#### In Practice

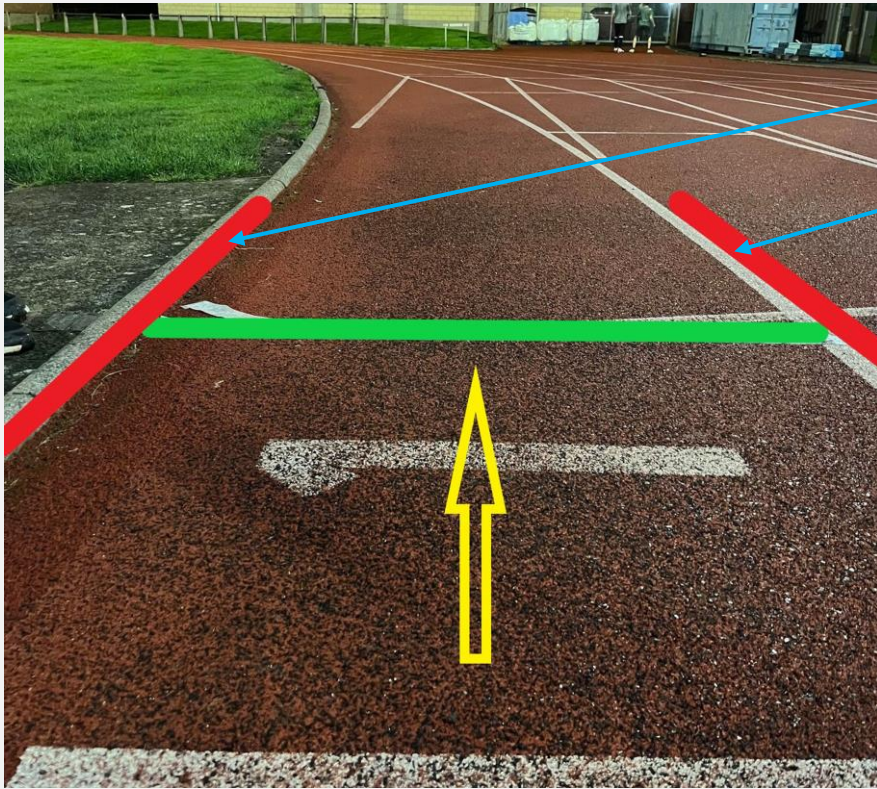
*The athletes' can use the fullest width of their lane possible.*

*This especially helps athletes on echelon starts gain a straighter run into the bend.*

#### UKA/ World Athletics - Lane Marking



## On Track – Lane view

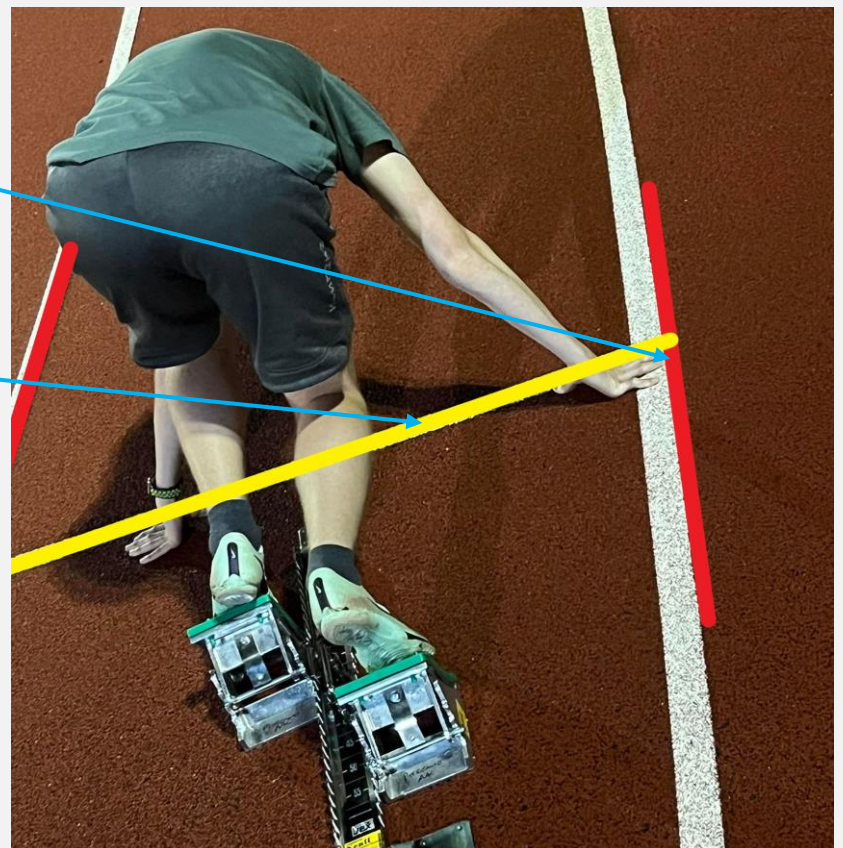


## In|Action

-Lane 1 is taken from the edge of the inside kerb closest to the track surface to the right hand edge of the lane line when facing the direction of running.

## On Track – Athlete view

- This means that the athletes' right hand can be on the right hand line when in the starting position.
- Their hands, feet and starting blocks may be up close to/touching the edge of the starting line however must not overlap it.



\*Photos courtesy of Sophie Allan