

Officials Training Day

1st April 2023

Jason Pender

Agenda

- A look at the levels and upgrading requirements
- Asking for a mentor to be assigned
- Keeping your record of experience up to date
- Peer group records tracking your performance
- Looking at duty sheets
- Looking at useful templates
- Power of 10 requirements and permit requirements for timekeepers

Official Pathway

- See PDF document on Upgrading
- Asking for a mentor to be assigned
- Keeping your record of experience up to date



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Peer Group Tracking

- Scottish Championships we plan to log your averages to assist us in future selections and to flag when we think someone is ready to push for upgrading

Time Keeper Name	Level	National Open / 21/01/23	Scottish Age Group / 18/02/23
		Ave / <= 0.1 / Missed	Ave / <= 0.1 / Missed
Jason Pender	4	2.60 / 98% / 1	2.49 / 100% / 2

Duty Sheets

Key Considerations

- Type of meeting – club only / open / league / championship
- Size and experience of team
- Is there photo finish in operation?
- Do any time keepers need a report or mentoring?

Duties to be considered

- Positions to be timed by each time keeper
- Results to be recorded for meeting
- Leader lap times to be recorded
- Lap times to be called during race for athletes
- Relay splits required for relays
- Lap / winning times for announcer

Duty Sheet Exercise

- Split into pairs / groups
- Review different case studies and decide on duties to be covered
- Ten minutes
- Feedback to audience

Duty Sheet Exercises

Case Study – Duty Sheet A

You are a team of chief plus four time keepers at a league meeting. There is no photo finish in operation. What is the recommended approach to duties and times recorded by the time keeping team based on the time table below. There are eight teams in the league

100m A & B heats

800m A & B combined

110m hurdles A & B heats

1500m A & B combined

200m A B heats

5000m A & B combined

4 x 100m relay

4 x 400m relay

Duty Sheet Exercises

Case Study – Duty Sheet B

You are a team of 10 time keepers at a Schools International. There is photo finish in operation. There is one clock at the finish line. What is the recommended approach to duties and times recorded by the time keeping team based on the time table below. There are five teams in the competition

100m A only – girls then boys

800m A only – girls then boys

100m hurdles A only – girls then boys

1500m s/c A only – girls then boys

200m A only – girls then boys

3000m A – girls then boys

4 x 100m relay – girls then boys

4 x 300m relay – girls then boys

Duty Sheet Exercises

Case Study – Duty Sheet C

You are a team of five time keepers at the British Indoor Championships. This is a 200m indoor track. There is photo finish in operation and clocks are positioned on the home straight and the back straight. Your seating positions you on the BACK straight in line with the finish lines of both the circular and the straight races (you have to move between each race circular to straight).

What is the recommended approach to duties and times recorded by the time keeping team based on the time table below.

There are eight lanes on the straight, six lanes on the circular.

60m 6 heats

800m 4 heats

60m hurdles 3 heats

1500m 2 heats

400m 5 heats

5000m walk (straight final, 10 athletes)

In Stadium Track Recording Sheets



Microsoft Excel
Worksheet



Microsoft Excel
Worksheet

Minimum Requirements for Officials



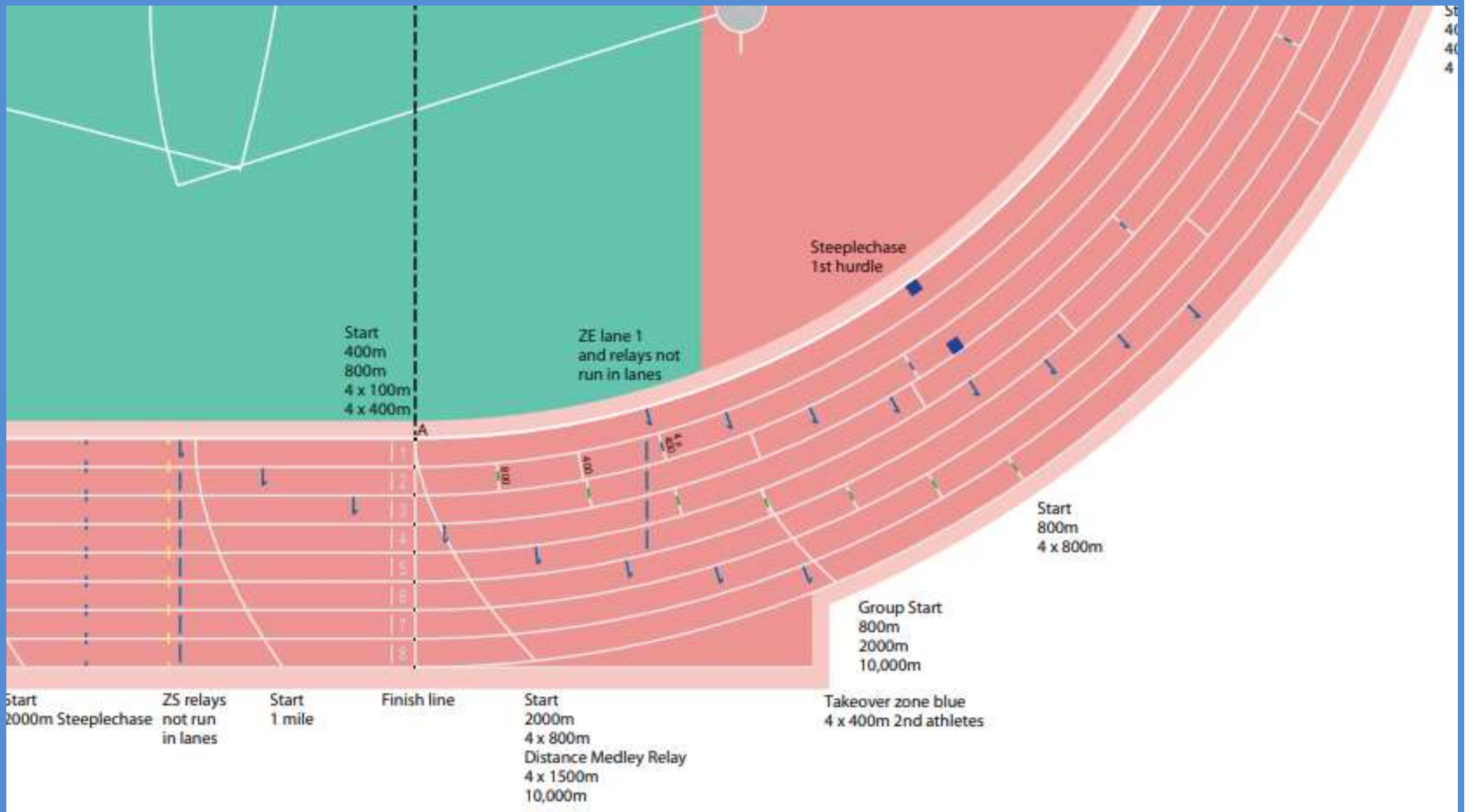
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Markings on the track

Weather permitting, lets go for a walk round the track and ensure we understand the markings and what we would use them for in time keepers duties

4 x 400m Relays

Weather permitting, lets go for a walk round the track and ensure we understand the markings and what we would use them for in time keepers duties





Time keepers aligned for positions lane 2, lane 3 and lane 4 for first change over in 4 x 400m relay using long stagger

4 x 400 metre splits

Club Name Kilbarchan AAC

Bib Number 69

Cumulative

Split

Lap 1 60.1

60.1

Lap 2 2m0.3

60.2

Lap 3 3m0.7

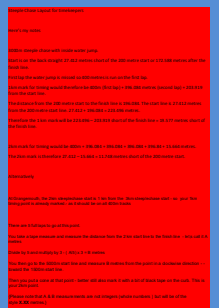
60.4

Lap 4 4m1.2

60..5

km Split Times in Steeple chase

- At Grangemouth, the 2km steeplechase start is 1 km from the 3km steeplechase start - so your 1km timing point is already marked.- as it should be on all 400m tracks
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- There are 5 full laps to go at this point.
- You take a tape measure and measure the distance from the 2 km start line to the finish line - let;s call it A metres
- Divide by 5 and multiply by 3 - $(A/5) \times 3 = B$ metres
- You then go to the 5000m start line and measure B metres from the point in a clockwise direction - toward the 1500m start line.
- Then you put a cone at that point - better still also mark it with a bit of black tape on the curb. This is your 2km point.
- {Please note that A & B measurements are not integers (whole numbers) but will be of the style **X.XX** metres.}



Questions?