

# SOUTHEND-ON-SEA ATHLETIC CLUB

## RULES OF THE TRACK AND FIELD

### TRACK DISCIPLINE

LANES 1 & 2	MIDDLE DISTANCE & INTERVAL RUNNING
LANES 3, 4 & 5	SPRINTS
LANES 6 & 7	HURDLES
LANE 8	WARM UP/DOWN & WALK BACK RECOVERIES

- In general the lane allocation above should be kept to at all times.
- When you have finished a run always look behind to check and then move to Lane 8 to walk back.
- Middle distance runners are advised to use the grass infield for their jog recoveries – failing that Lane 8 must be used.
- Walk back recoveries from drills or sprints **MUST** be done in Lane 8 or on the grass infield and **NEVER** in the active lanes of 1-7.
- The shout of '**TRACK**' means that there is an approaching athlete at speed. Look up the track to make sure it is not you. If it is move (quickly!!!)

**The lanes of the track are no place to stand around holding conversations - a little respect for other track users and some common sense will solve many problems.**

### THROWING AREAS

- Give the discus/hammer cage a wide berth when athletes are inside who may be about to throw as implements can go over the top of the cage or bounce off the gates.
- Never walk in front of the javelin runway or landing sector when they are in use – and the same applies to the shot circle and landing sector.

### JUMPING AREAS

- Don't cross run ups when they are in use or walk across the sand pits. Cross behind the athletes.
- Don't walk across the high jump when it is in use or sit or climb on the landing bed if jumping is in progress.