



OSAA / U.S. Bank / Les Schwab Tires
2009 CROSS COUNTRY STATE CHAMPIONSHIPS

November 7, 2009
Lane Community College
4000 E 30th Avenue, Eugene, OR 97405



STARTING LINE PROCEDURES / AUDIO-VISUAL START

Coaches – Please review the following instructions with your coaching staff and athletes prior to the race.

Once the teams have been called to the starting line by the starter for final instructions, no further run-outs shall be permitted.

Procedures –

1. Recall starters will give a brief and concise review of the starting commands and procedures to be used with competitors immediately before the start.
2. The starter will hold the starting device and red flag parallel to the ground and give a long blast on the whistle. This is the signal for the runners to step up to, but not touch, the starting line and become motionless.
3. The starter slowly raises both arms overhead. When all runners are set and motionless and the recall starters signal with a white flag, the starting device is fired and at the same time, the red flag is motioned downward, indicating the start of the race.
4. The runners are observed for 100 meters for any reason to recall the race that would constitute an unfair start.