

TRACK ETIQUETTE

We have a set of guidelines for track etiquette to ensure that it is safe and enjoyable for everyone

- Circular track use is anti-clockwise and generally inside four lanes. Some sprinters run clockwise on the straight where it is easy to supervise multi-directional use.
- Lane One (inside lane) is for those running fast laps. Remember there are athletes who compete at state, National and international level, so fast means very fast!
- Select a lane to run in that is not being used if possible. If not, you should watch the groups training and decide where and when you can fit in without interference. Ask a regular coach to help you, if necessary.
- If you are running and someone is in your way call 'track' and the lane you are in. This indicates for those in your way which lane they must move out of.
- Stay in your lane until it is safe to leave the track.
- Usually 'peeling off' to the outside of the track may be safer if the inside lane (1) is being used.
- Look over both shoulders to check before changing lanes or coming off the track.
- If crossing the track check both ways for athletes.
- Warm up / cool down in the far outside lanes or better still on the grass inside the track or outside the track fence but inside the complex.
- Juniors and seniors on road runs should wear high visible clothing (be safe). Vests are available on loan at the kiosk.
- General Fitness Training, e.g., one hour continuous walking may be better on the grass on the outside edge of the track.
- No Animals are permitted into the centre at any time.
- Adhere to running spike which must be conical in shape and lengths of no more than 7mm for running events & 9mm for jump and throw events.
- Needle or Pin Spikes are NOT PERMITTED

ACCESS TO HIGH JUMP BAR

- To access and use the high jump bar you must be recognised as a NSW Accredited Coach, and you are required to provide proof of this, e.g. site card.

MIDDLE GRASS AREA

- Be aware of throws training if you are on the grass oval area in the middle of the track.
- Javelin and Discus may have started whilst you were training and may suddenly appear.
- When standing on the oval you may be asked to move if you are in the line of sight for starters, timekeepers, coaches, or athletes who are waiting for signals.
- The oval is a good area for doing drills/techniques/stretches as you are away from track lanes.

