Quick Start Guide: Athletics Otago Interclub Track Events

Entering

Head to “Enter an Event” on the Athletics Otago website.

Don’t be surprised to see a question asking for your "***lifetime number***". If you haven't entered a race before then put a “0” in the box. Head to the control room at the Caledonian before your race (in the stand, above the start line). You will be issued a number which you keep (for life). Next time you enter an event, put that number in the lifetime box and remember to bring your bib to each event.

If you are registered with the club then click "***club registered***", and if you are not, click "***community entrant***". You select both entry into the meet, and then into the specific event (i.e. 100m, 1500m, etc). For standard interclub events, there is one AO file with the weekly schedule and another with details of specific weekly events (e.g., **T1** "Track 1" and **F1** "Field 1").

Do as many or as few events at one meet as you like. When you enter a running event, it will ask for an **estimated time**. This can be a rough figure, and it's not a problem if you estimate differently from what you run... some days are naturally better than others and that's fine!

If there is a small (P) beside the event you are entering on the schedule, the race will comply with international world athletic regulations. This doesn't change the way we run but may mean that men and women won't be in the same race.

Occasionally, if you’re entering National Events, club runners may be asked for their 4-letter club code. Ours is “**LEIT**”.

Uniform

Athletic Otago requirements are a **club singlet** - or a **plain singlet** if you are a community entrant - and **black pants/shorts**.

You can wear anything on your feet...barefoot/shoes/spikes. You will probably find road shoes preferable to trail shoes.

FYI, there are regulations about shoe stack height if you are going for an Otago or New Zealand record or a World Athletics qualifying time. However, AO have advised that they will not be regularly enforcing this at weekly interclub or Otago champ events. No headphones on the track!

Racing

Aim to be **warmed up and ready ten minutes before** your race starts. When warming up and cooling down, it's best to do this on the fields or road surrounding the track.

Races will start at different points around the track, depending on length. Don't hesitate to sing out beforehand, if you're unsure where a race starts. You can Google a standard 400M track marking plan if you want to figure it out yourself. As a rule of thumb, you can work your way back from the finishing line - for example, a 5000M race involves 12.5 laps and so starts on the back straight.

When you arrive at the start line, the marshals will check your name off on their list. They will line you up in your specific lane, or place you in a specific order on the start line.

For any event 60m to 400m you start in your own lane and use the starting blocks. Most times for an 800m you start in lanes and break after 100m and no starting blocks are used. If the race is further than 800m you will be in a mass group on the start line. If you haven't used starting blocks before, feel free to ask one of us (or Chris or Lydia) for tips, or a demo/practice

There will be a lap counter and a bell will be rung as you go through the finish line for your final lap. In longer events, you are required to ask someone to be an individual lap counter, this person will stand at the finish line. If you don't have someone to do this, let one of us know, there are generally a few Leith faces around happy to help!

All the sprint (and some of the middle/long distance) races are seeded. This means that they will put you in a race of similar speed (using your estimated time on entering). As above, it isn't the end of the world if you aren't quite sure of the time you might run.

See you out there!

While this list may seem extensive and the track meetings do include some formalities, at the end of the day it is just another opportunity to **enjoy running with your team** and to **challenge yourself**. There are a range of ages who compete, it doesn't matter how fast you run, and you don't need to be an elite athlete. Also, your Leith whānau will be there to cheer you along!

Questions? Drop a note to our Women's Captains, Claudia or Florence, or our Men's Captains, Liam, Ben and Tadhg. Athletics Otago Officials, or anybody in a Leith vest, will also be happy to provide advice on the day.