



USATF
Masters Outdoor Track & Field Championships
University of Wisconsin - Oshkosh
Oshkosh Sports Complex
Oshkosh, Wisconsin
Track Officials Prayer

Oh Lord, in the track meet of life, you know that through most of us are just obscure figures on the field of competition, we all dream of officiating and being notified for our deeds.

Help us, we pray, to be grateful for the gift of life, and the many challenges it offers. Thank you for the thrill of seeing and measuring a new record in the pole vault, for the beautiful fluid motion developed by the sprinters we time and judge as they flash across the finish line. We truly appreciate the wonderful opportunity to be a part of such a team that judges the explosive thrust of the long jumper, to be able to witness the fitness of the smooth high jumper, and we continue to marvel at the endurance exhibited by the long distance runner.

Please teach us to be alert, and to possess a keen eye in order that we may render fair and equitable decisions. Help us to accept each and every assignment with the same dedication and motivation, and while carrying out our job, display great enthusiasm for the job even through it may be small in responsibility.

We pray that we shall be ever mindful of the grim thought of being injured in the performance of our officiating duties and that we will guide our destiny to the betterment of his service.

Help us to accept compliments for a job well done with humility and dignity, and may we always be respectful to the authority of both our Rule Books, HIS and ours. And Lord when the last event is over, and all the results are in, though we suffer through either cold or rain, or sun and heat, may we be able to turn to You, our Head Referee, and report that we gave our very best. Amen.

..... Charles M. Ruter



USATF
Masters Outdoor
Track and Field Championships
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Oshkosh, Wisconsin



OSHKOSH SPORTS COMPLEX
OSHKOSH - WISCONSIN JULY 9-12, 2009

UMPIRE'S HANDBOOK

July 9 through July 12
2009



USATF
Masters Outdoor Track & Field Championships
University of Wisconsin – Oshkosh
Oshkosh Sports Complex
Oshkosh, Wisconsin
Meet Umpires



Chief Umpire
Gordon Boccock
Kentucky Association

Jo Burrows	West Virginia Association
David Clark	Kentucky Association
Alan Dunn	Ohio Association
Eric Elliott	Kentucky Association
Steve Frey	Wisconsin Association
Cliff Gatewood	Wisconsin Association
Thomas McBee	Arkansas Association
Larry McHone	Iowa Association
Jon Price	Pacific Association
Elizabeth Price	Pacific Association
Patricia Rouse	Kentucky Association
Bruce Samore	Wisconsin Association
Sheila Scholl	Wisconsin Association
Dave Smith	Southern California
Todd Thomas	Illinois Association
Robert Wood	Kentucky Association
Terry Yeast	Kentucky Association

What it takes to be a Track and Field UMPIRE



Who are Umpires?

Umpires are assistants to the Track Referee assigned to report any infringements of the Rules. Their duty is to watch for breaches of Rules, however, they have no power to give any decisions. They stand or sit at such points as the Referee or Chief Umpire shall determine. Any infractions are incidents observed should be reported to the Referee or Chief Umpire after indicating the occurrence of such by a yellow flag or some other signal previously agreed upon. Otherwise an all-clear signal may or may not be given. From the time the starter begins the race until the finish line personnel determine the results, the umpires become the subjective interpreters of the athlete's action. Ever alert, the umpire must know the intent of the rules of competition and their appropriate application to the situations. The umpire must be observant of a wide variety of possible fouls or infractions. This is an area where each rulebook has some slight differences so it is particularly important to go over the rules just before the meet to make sure you call the appropriate foul from the appropriate book.

Duties of the Chief Umpire.

The Chief Umpire is directly responsible to the Referee and shall have general supervision over all Umpires. The Chief Umpire should instruct umpires as to the rules and violations in general and as to the special track conditions and special regulations established for the meet by the Games Committee or appropriate Referee. This meeting should take place at least one hour to 45 minutes before the first running event. The Chief Umpire should also appoint the Assistant Chief Umpire and the Section Heads. The Chief Umpire should determine the number of umpires that are available and assign them duties and positions accordingly. If flags are not being used signals to indicate the occurrence or absence of infractions should be prearranged. During and immediately after each event, the Chief Umpire should watch for signals indicating infractions. The Chief Umpire, in association with the Section Head should secure from the umpires, and clarify, the acts of all apparent violations of track rules. This should be done both orally and in written form. This should then be reported to the appropriate Referee with a recommendation concerning the validity of the violation. Results should be withheld until the reports of any infractions are received and the matter dealt with. Distribute Umpire Manuals and/or meet schedules to all the umpires and collect them at the conclusion of the meet.

Duties of the Section Heads

Check your team for signals after every lap as soon as the runners are out of range and in the lap races you should get an immediate signal. Make sure the umpires mark the track if there is an infraction. Remove the markings when the Referee has seen the markings. Bring the written report to the Chief Umpire or Assistant. Assemble your team in the prescribed time. Secure a substitute when required. Late comers become substitutes. Signal your chief as soon as possible. Do not wait until the race is over. Give the signal, then watch the race. When all is ready raise the white flag. Dismiss your section when it is time to leave the track.

Duties of the Umpire

It is the duty of the umpire to observe the competition closely. But the umpire is not there to find fault or call fouls but rather to insure fair competition. The umpires should report orally and in writing, without waiting for a protest, all apparent violations of the rules to the Chief Umpire. In so doing, they assume no responsibility for disqualifications – ONLY REFEREES can make a disqualification. Upon observing an alleged violation, speak to no one about the possible violation. Write it up on your violation card and make sure to include the competitor's number, lane, color of jersey and any other details that may allow proper identification of the correct athlete. The most important item is identification of the athlete(s) involved. Without this the Referee can do nothing. The umpire shall raise a yellow flag, or signal in the agreed manner, in the event of an alleged violation as soon as the umpire's area is clear. Raise the flag until the Chief Umpire or Assistant acknowledges it. Do not waive the flag.

Marching Umpires

The Marching Leader will advise you regarding the proper marching order onto the track. When marching onto the track, the violation flag should be carried in your left hand, and if provided the stool/chair in the right hand. Small bags may be permitted. **NO cameras and/or cell phones** are allowed on the track and do not talk to people in the stands. All events, except the 100/110 Meter Hurdles use single file to proceed along the exterior of the track. Umpires working the inside or interior positions cross at a signal from the Chief. Sit when the chief or section head sits. For the 100/110 Meter Hurdles form two lines: one file waiting along the interior and the other along the exterior of the track. The Teams working the end positions enter according to local arrangements. **No umpire crosses the finish line on a track.**

SPECIFIC RACE GUIDELINES

Competitors should not receive any assistance whatsoever during the progress of an event. Assistance includes conveying advice or information to an athlete. All rulebooks allow verbal communication from outside the competition area provided that no mechanical device is being used. Any athlete receiving such assistance should be reported to the Chief Umpire. All infringements of the Rules should be reported on the Umpire's Report Form. The number of any competitor dropping out of a race and the lap number, where applicable, should be noted and passed on to the Chief Umpire. When an athlete commits a flagrant foul in a race to aid a teammate, all persons from the offending team in the race shall be disqualified. Such an infraction would be reported by the umpire and ruled on by the Referee.



RACE WALKING

The function of the umpire is the same as in any track event. The Race Walking Judge, not the umpire, will judge the form and conformance of the walk to the rules, i.e. maintaining unbroken contact with the surface of the track and having the leg straight while passing under the body.

RUNNING WITHOUT ASSIGNED LANES

Observe runners in the race for illegal passing, crowding, cutting in or jostling while within your area of responsibility. Jostling or impeding or obstruction should be watched for especially when athletes are not in lanes. This occurs frequently on the turns or when competitors are cutting in. A competitor may run anywhere on the track at any pace or any change of pace as long as the competitor does not impede or obstruct by any body or any arm action in the progress of another runner. It is a violation if the runner veers to the right or left so as to impede a challenging runner and forces the challenging runner to run a greater distance. A competitor may pass another runner legally on either the right or left side. A competitor may cut in front of another runner, provided that the overtaking runner has one full stride (this rule also applies to the waterfall start). Direct contact is not necessary, any action that causes another runner to break stride or lose momentum can lead to disqualification. The high school rule is slightly different and requires a full stride (about 7 feet). This is the only rulebook to specify a distance, the rest specify interference with or without contact. It is a violation if a competitor deliberately runs inside the track curb (or painted line). Voluntarily leaving the track, and presumably the race, then returning to continue the race should be reported.

Note: In general more interference is allowed a higher levels of competition and on indoor tracks.

At some track meets certain umpires may be asked to keep a record of laps completed by all competitors in races longer than 1500 Meters. The lap scorer shall keep a record of the laps completed of the designated competitor. They will notify each competitor of the number of laps, which are still to be completed. One person will signal the final lap with a bell or gun.

RACES THAT START IN LANES – BUT DO NOT FINISH IN LANES

In a race starting but not finishing in lanes, the athletes must cross the break line within the assigned lane. Until crossing the break line the athletes must maintain the assigned lane in accordance with the rules for races run entirely in lanes. If steps on or over the inside lane are allowed by the rule, the athlete must make sure they are in proper lane before crossing the break line. For example a high school athlete may step inside the line for two steps, but must correct the third step before the break line in the assigned lane. Small markers, cones or flags may be placed at the intersection of the lane lines and the break line.



RACES RUN ENTIRELY IN LANES

In all races run in lanes, competitors shall start and finish within their assigned lanes. The athletes may be disqualified if observed to have deliberately run outside the assigned lane and gained an advantage. Each rulebook has a slightly different definition of this foul particularly if it occurs on a straightaway or on a curve. For the IAAF a material advantage must be gained, or another runner must be obstructed for disqualification (Rule: 14-1). No particular number of steps is specified. In USA Track and Field running outside the lane to the right is a specified exception but is covered in the IAAF since no material advantage can be gained by running a longer distance (Rule: 65-4 and 6). In the NCAA the athletes must step on or over the line with two consecutive steps of the left foot (Rule: 5-5b). Be sure that you can report the number of steps taken over the line the athlete was in.

Note: If a runner runs outside the assigned lane in the straightaway or runs outside the outer line on the curve with no material advantage gained and no other runner obstructed, no disqualification will take place.

RELAY RACES

The same rules and penalties with reference to fouling, illegal assistance, or violations that apply to other running events shall also apply to relay racing. The Umpire should ensure that baton exchanges are made within the take-off zone. The position of the baton, not the competitor's hands or feet in the decisive factor. The pass is completed only when the baton is in the hand of the receiving runner only. If the baton is dropped the USA TF and IAAF both say that whoever drops it must pick it up. The pass must still be completed in the exchange zone and the team may not gain advantage or interfere with other runners while retrieving the baton.

The following are possible relay violations that Umpire's should be alert to

1. Runners must stay in their lanes after passing the baton until all runners have passed.
2. In the 4 X 400 Meter Relay, runners are allowed to move to an inner position for the second and third handoff. Watch for unfair jostling and/or obstructions.
3. Assistance by pushing off or by any other method should be reported.
4. The baton is thrown and not passed to the next runner.
5. The last runner of the team finishes the race without a baton.
6. While running a teammate transports the baton in some manner other than the hand.
7. After passing the baton, a runner veers out of the passing lane for from a straight course and impedes an opposing runner.
8. Assuming a preparatory position in any race run in lanes, any part of the outgoing runner breaks the plane of the adjacent lane lines so as to interfere with another runner.
9. The outgoing runner waiting for the baton does not take a position entirely within the 20 meter passing zone.
10. A teammate runs more than one leg of the race
11. After handing off the baton, the incoming runner impedes another runner other than another incoming runner who has already handed off the baton.



In Sprint Relays if the incoming leg is 200 meters or less, the outgoing runner may use the international acceleration (fly) zone. In high school the incoming runner must be in an assigned lane for the entire leg.

Check marks may be made on the track for races run in lanes, within their own lane. Material authorized by the games committee should be used to mark the track.

1. In USA TF/IAAF the mark is limited to 5 cm to 40 cm. (Rule: 80.16).
2. In NCAA two markers may be used, which are not longer than the width of the lane or not wider than 2 inches (Rule: 5-8-4).
3. In NFHS meets marking restrictions are set by the games committee.

Umpires should make sure that all marking made by the athletes are removed immediately after the race.

HURDLE RACES

All competitors must clear, within their lane, the required number of hurdles. This must be done without running around the side, trailing or leading the leg along side below the level of the hurdle bar, intruding into another lane, deliberately knocking down a hurdle with the hand or impeding another hurdle. USA TF now requires that in their meets that the hurdles will be the same width as the lanes they are being used in. Starting in 2000 in NCAA events it is a foul for a competitor to knock down a hurdle with his hand, even if it is not deliberate. Umpires should observe the runners as they are coming, clearing and going. On all hurdle races always be alert to the proper setting (know your heights), placements and locations. Usually, in major meets, a Hurdle Chief with the hurdle crew will handle this chore. In those situations where someone has the responsibility of placing and checking the hurdles, it is still a good idea for Umpires to double check to make sure that everything is ready for the race.

STEEPLECHASE RACES

The competitor must go over or through the water obstacle and must go over the hurdles as in hurdle events, except that the competitor may vault or step on the hurdle. 3,000 Meters is the standard open distance for both men and women, although for some Masters and Youth events the distance is 2,000 Meters.



UMPIRE POSITIONS

In many cases there will not be enough umpires to staff every position as indicated. In those cases the Chief Umpire will need to prioritize the positions. The first priority is the beginning and ending of each turn. These should be designated for Assistant Chief umpires if available. The next priority would be the positions midway between the first four. As additional umpires are available then positions may be assigned to other positions either inside or outside the track. For hurdle races the Chief Umpire should make sure that every flight can be observed preferably by two umpires on opposite sides of the track. This also applies to the steeplechase. During the relays the Chief Umpire should make sure that there are enough umpires assigned to each zone without losing the ability to judge lane violations. It works best if the umpire does not have to watch more than 2 lanes in a big meet. If there are not enough umpires for that, then fewer umpires can be assigned to the entrance of the zone as most violations are at the exit end of the zone. Obviously those races less than one full lap require fewer umpires. The Chief Umpire should not overload the track just because there are that many umpires.

REPORTING ON INFRACTIONS

To report a possible rule infraction, which could result in a disqualification, the umpire must be able to clearly recall the circumstances surrounding the infraction to aid the Referee in their decision. For this reason, a written report of what was observed should always be prepared as soon, and as neatly, as possible. The umpire should always

1. Carry paper and pencil to record the information. A small notebook is often useful for this purpose.
2. Use the violation report form provided by the Chief Umpire.
3. Signal the Chief Umpire immediately by holding up a yellow flag at the spot of the infraction. Do not waive the flag, simply raise the flag.
4. Record the name of the event, heat number, time of day, lane number, competitor(s), team affiliation, uniform colors, and a brief description of the possible violation.

SOME GENERAL RULES TO REMEMBER

WHEN UMPIRING TRACK EVENTS

- Follow the umpire's motto:
Triple A ... **Be Awake, Be Aware, Be Alert.**
- Remember. **"Only the Referee can disqualify an athlete"**. Your job as an umpire is to report the possibility of an infraction(s).
- The umpire's job begins the moment the race starts and ends when the finish line results are complete. Make sure that your post is attended at all times.
- Carry a note pad and pencil/pen to record information and make notes.
- Raise a yellow flag to signal "infractions" the moment they occur.



- If you think that it happened ... it didn't. If you know it happened ... it did.
- Be able to describe to the Chief Umpire and/or Referee what happened.
- Report to Chief Umpire, any foul or other infraction including uniform violations or use of a communication device.
- Record the uniform number of the competitor who committed the infraction or foul, the color of the jersey, the number of the lane and the number of the competitor fouled if a foul has occurred.
- Wait until after verbally reporting any infraction to the Chief Umpire and/or Referee before discussing it with other Umpires.
- Providing verbal aid to runners IS LEGAL if no mechanical device is used and the aid is given from an area OUTSIDE the area of competition.
- Another athlete does not have to be touched for a violation to occur.
- Be firm, but respectful, in dealing with athletes such as instructions for relay, etc. Do this also with coaches IF Referees request that you talk to them.
- Refer a coach, athlete or spectator, to the Referee if they have a question about an infraction that you observed.
- Let the Zone Chief answer questions about exchanges.
- Make sure only approved markings are allowed on the track.
- Straighten the hurdles after the last warm-up and help pick up hurdles that are knocked down during heats.
- Verify correct positioning of hurdles and weights after the hurdle crew hit them up.
- Take a crouched position to observe the hurdle events.
- Most relay fouls occur as the runners exit the exchange zone.
- Conduct yourself in a professional manner. Shirts tucked in. Hats on straight. Look sharp and be sharp.
- Know the intent of the rules under which the competition is being held and be alert at all times.
- Practice preventative officiating, be visible and vocal.

UMPIRES, ASSEMBLY, AND UMPIRE POSITIONS

Be at the track officials headquarters - 60 Minutes before the meet. If marching be at the entrance to the track - 20 minutes before the event begins. Be at your assigned track position - 10 minutes before the event starts. Umpires will stand for all events except the 5 km and 10 km races. You are to sit until the announcer calls the event or when you know the race is about to start. After the race the umpires will sit as a group, except those that have an infraction. After the last heat you are allowed to move to your next assignment as quickly as possible.

Flags are always pointed in the direction that the athlete is running.





USATF
 Masters Nationals
 Oshkosh Sports Complex – Oshkosh, Wisconsin
 Umpire Assignments
100 and Short Hurdles

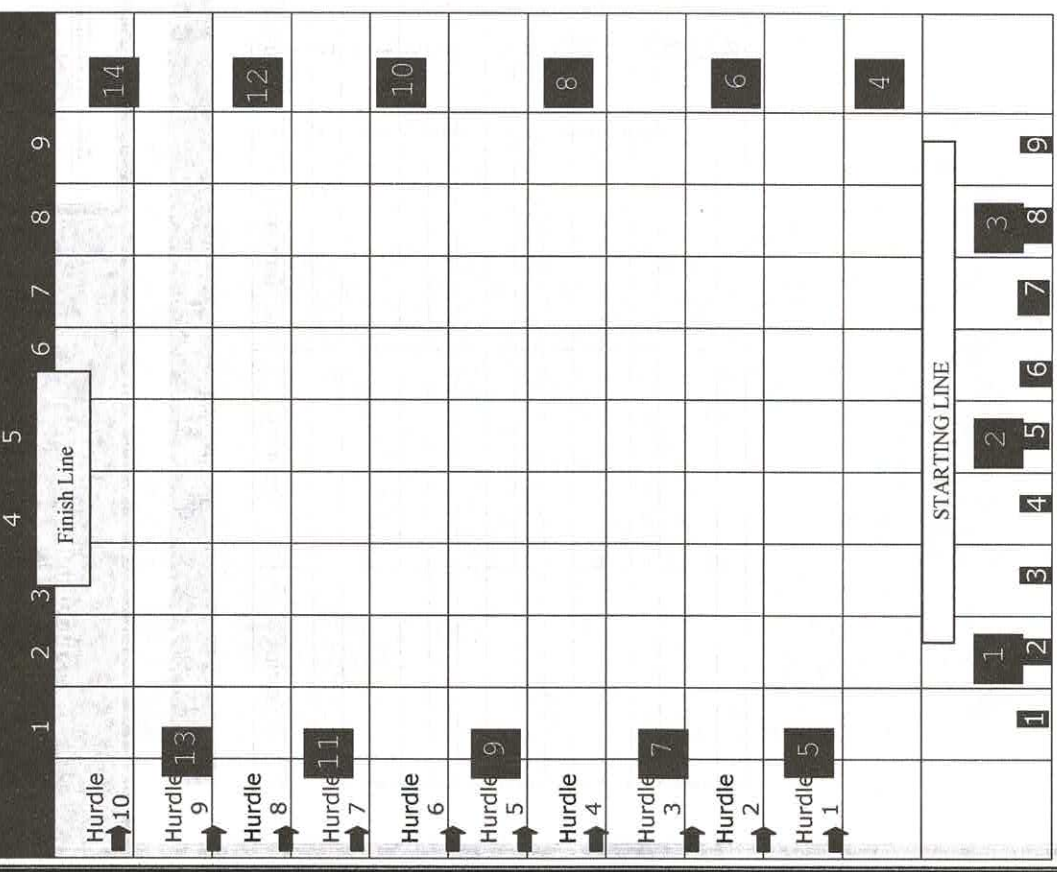
100 Meter Dash
80/110 Hurdles and Shuttle Hurdle Relays

Track Position	Thursday	Friday	Saturday	Sunday
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AAU/USA Track & Field

15 Sprint Straightaway Finish Line Are





USATF
Masters Nationals
Oshkosh Sports Complex
Umpire Assignments

200 Meter Dash

Position	Thursday	Saturday	Sunday
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USATF
Masters Nationals
University of North Carolina - Charlotte
200 Meter Dash





USATF
Masters Nationals
Oshkosh Sports Complex – Oshkosh, Wisconsin
Umpire Assignments



USATF
Masters Nationals
Oshkosh Sports Complex – Oshkosh, Wisconsin
Umpire Assignments
400 Meter Dash

400 Meter Dash

Track Position	Thursday	Friday
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USA Track & Field





USATF
Masters Nationals
Oshkosh Sports Complex – Oshkosh, Wisconsin
Umpire Assignments



USATF
Masters Nationals
Oshkosh Sports Complex – Oshkosh, Wisconsin
Umpire Assignments
800 Meter Dash

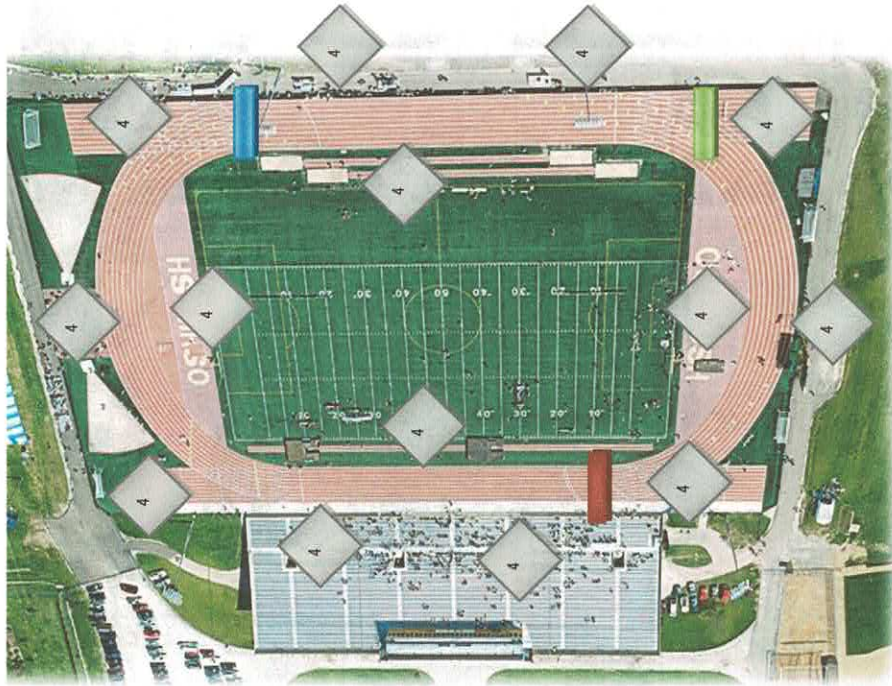
800 Meter Dash

Track Position	Thursday	Friday
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USATF
Masters Nationals
University of North Carolina - Charlotte
1500/5000/10000/Race Walk



USATF
Masters Nationals
Oshkosh Sports Complex
Umpire Assignments

1500/5000/10000/Race Walk

Track Position	Thursday	Friday	Saturday	Sunday
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16				

Distance	Laps	Distance	Laps	Distance	
1	400 Meters	9	3600 Meters	17	6800 Meters
2	800 Meters	10	4000 Meters	18	7200 Meters
3	1200 Meters	11	4400 Meters	19	7600 Meters
4	1600 Meters	12	4800 Meters	20	8000 Meters
5	2000 Meters	12 1/2	5000 Meters	21	8400 Meters
6	2400 Meters	13	5200 Meters	22	8800 Meters
7	2800 Meters	14	5600 Meters	23	9200 Meters
7 1/2	3000 Meters	15	6000 Meters	24	9600 Meters
8	3200 Meters	16	6400 Meters	25	10,000 Meter





USATF
Masters Nationals
Oshkosh Sports Complex – Oshkosh, Wisconsin
Umpire Assignments

2,000 and 3,000 Steeplechase

Competition will be held on Friday – 11:10 – 12:20

Track Position	Saturday Sunday
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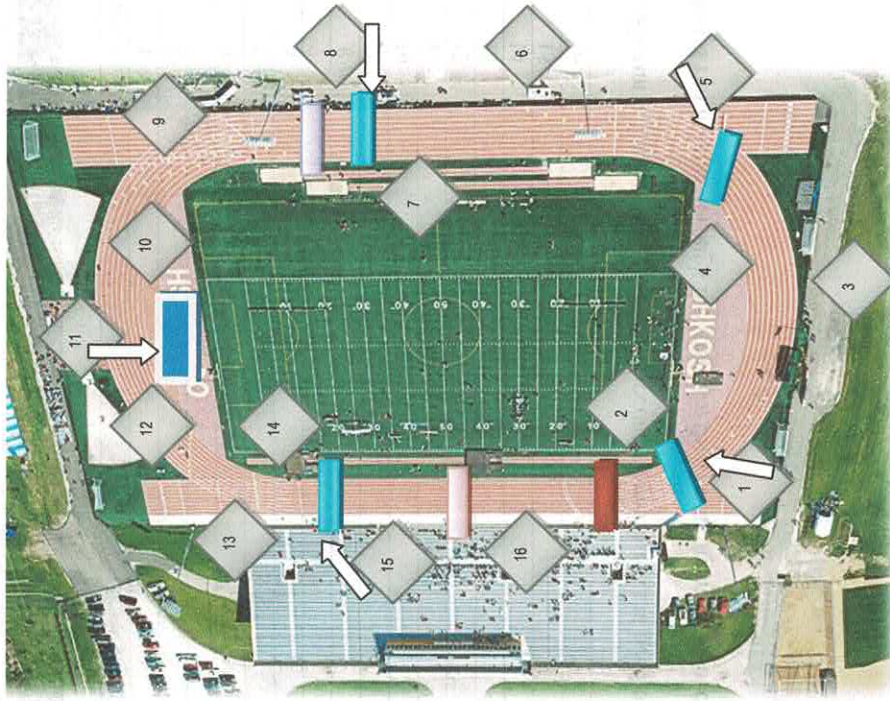
Masters Steeplechase

All Women's competition is 2,000 Meters and the Height of Jumps are 30"
Men's Competition 30-59 is 3,000 Meters and the Height of Jumps are 36"
Men's competition over 60 is 2,000 Meters and the Height of the Jumps are 30"



USATF

Masters Nationals
Oshkosh Sports Complex – Oshkosh, Wisconsin
Umpire Assignments
2,000 & 3,000 Steeplechase



Start 2,000 Meter Steeplechase

Start 3000 Meter Steeplechase

Steeplechase Barrier

Water Jump





USATF
 Masters Nationals
 Oshkosh Sports Complex – Oshkosh, Wisconsin
 Umpire Assignments
 4 x 400 and 4 x 800 Relays

4 x 400 and 4 x 800 Meter Relays

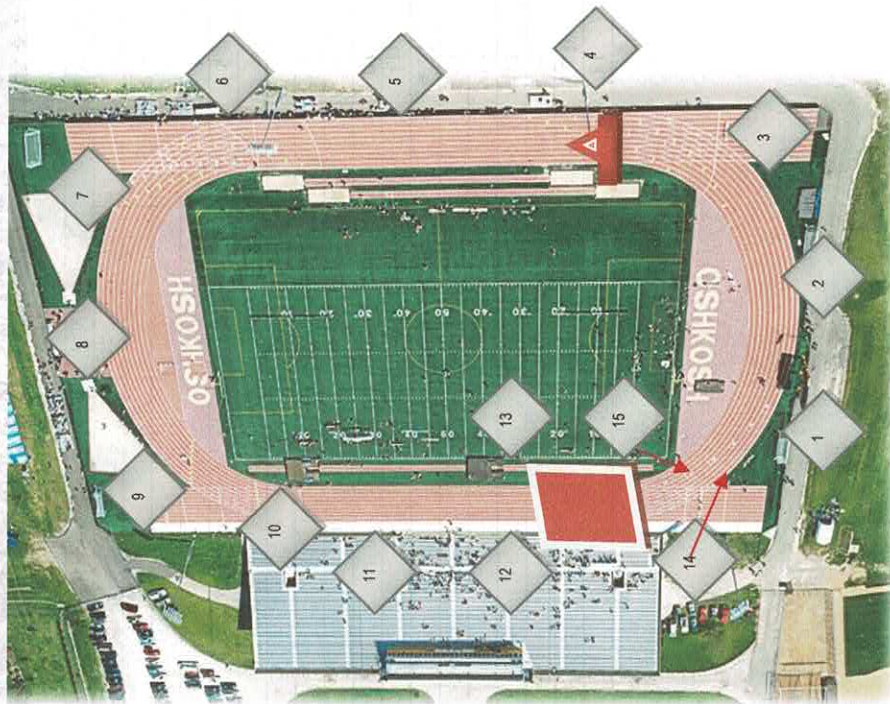
Track Position	Sunday
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4 x 400 is run in lanes through 3 turns. Second runner breaks at head of back stretch.

4 x 800 is run in lanes through the first turn then breaking at the coned line.



USATF
 Masters Nationals
 Oshkosh Sports Complex – Oshkosh, Wisconsin
 4 x 400 and 4 x 800 Meter Relay





USATF
Masters Nationals
Oshkosh Sports Complex – Oshkosh, Wisconsin
Umpire Assignments
4 x 100 Meter Relay

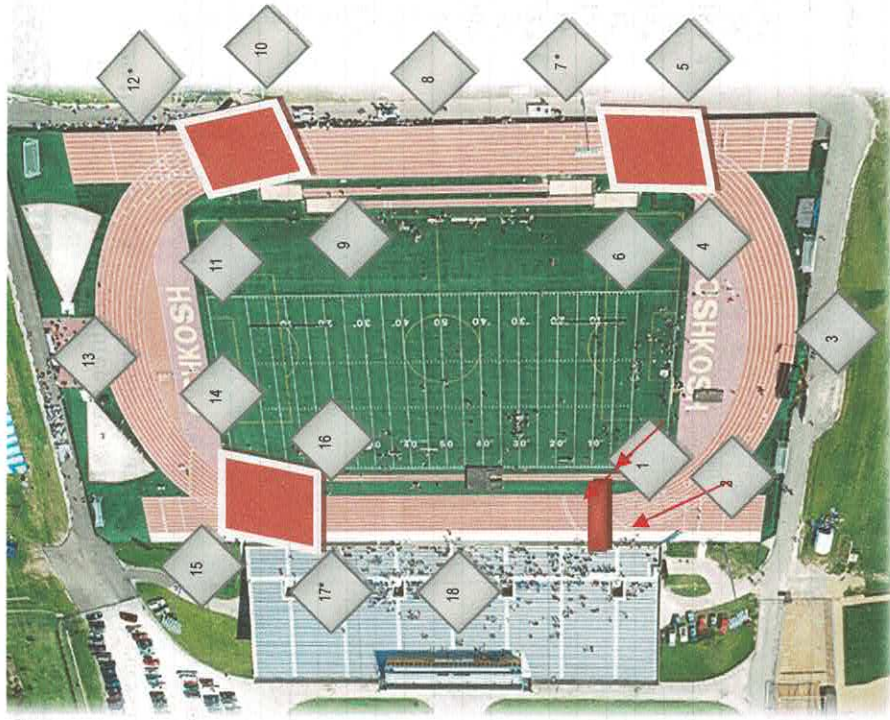
4 x 100 Meter Relay

Track Position	Umpire Assigned to Position
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12*	
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17*	
18	

* Indicates the Zone Chiefs



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Oshkosh Sports Complex – Oshkosh, Wisconsin
4 x 100 Meter Relay





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Masters Nationals
Oshkosh Sports Complex - Oshkosh, Wisconsin
200 - 300 - 400
Hurdle Assignments

200 - 300 - 400 Hurdle Assignments

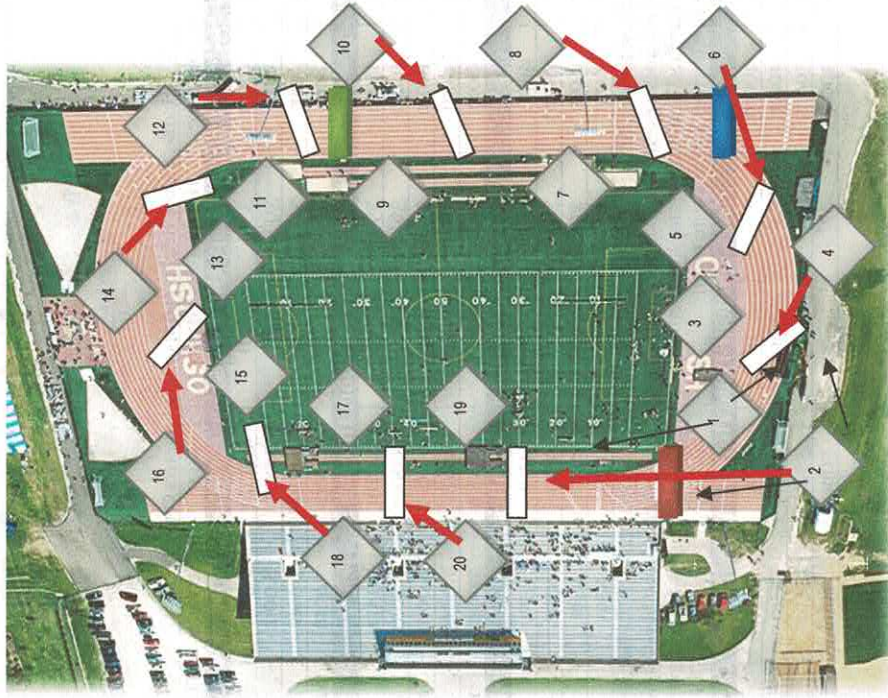
Competition for these three events are held on Sunday
(9:20 through 10:25) Finals (Heats on Time if Necessary)

Track Position	200 Hurdles	300 Hurdles	400 Hurdles
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2 *			
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20 *			

See page 30 of this Umpire Booklet for the proper heights and spacing for all the hurdles in men's and women's masters competition



USATF
Masters Nationals
Oshkosh Sports Complex - Oshkosh, Wisconsin
200 - 300 - 400 Hurdles



- █ Finish for all 3 races and state for 400 Hurdles
- █ Start for 300 Hurdles (last 7 hurdles)
- █ Start for 200 Hurdles (last 5 hurdles)
- Indicates Hurdle placement
- ➔ Indicates flagman for each hurdle.



USATF
Masters Nationals
Oshkosh Sports Complex – Oshkosh, Wisconsin
Hurdle Heights and Spacing

Hurdle/Steeple Heights and Spacing for Masters Competition

Ages	Distance	Heights	Number	To 1st	Between	To Finish
Women's Outdoor Short Hurdles						
30 – 39	100m	33"	10	13.00m	8.50m	10.50m
40 – 49	80m	30"	8	12.00m	8.00m	12.00m
50 – 59	80m	30"	8	12.00m	7.00m	19.00m
60 & Up	80m	27"	8	12.00m	7.00m	19.00m
Men's Outdoor Short Hurdles						
30 – 49	110m	39"	10	13.72m	9.14m	14.02m
50 – 59	100m	36"	10	13.00m	8.50m	10.50m
60 – 69	100m	33"	10	16.00m	8.00m	12.00m
70 – 79	80m	30"	8	12.00m	7.00m	19.00m
80 & Up	80m	27"	8	12.00m	7.00m	19.00m
Women's Outdoor Long Hurdles						
30 – 49	400m	30"	10	45m	35m	40m
50 – 59	300m*	30"	7	45m	35m	40m
60 – 69	300m*	27"	7	45m	35m	40m
70 & Up	200m*	27"	5	45m	35m	40m
* The location for the hurdles in the 300m event are the same as those of the last seven hurdles of the 400m event. They are not the same as the high school 300 hurdles, which was eight hurdles. The location for the hurdles in the 200 meter event are the same as those of the last five hurdles of the 400m event.						
Men's Outdoor Long Hurdles						
30 – 49	400m	36"	10	45m	35m	40m
50 – 59	400m	33"	10	45m	35m	40m
60 – 69	300m	30"	7	50m	35m	40m
70 & Up	300m	27"	7	50m	35m	40m



USATF

Masters Outdoor
Track and Field Championships

University of Wisconsin - Oshkosh
Oshkosh, Wisconsin

**Oshkosh Titan Stadium
Track Markings
Color Coding
Starting Marks**

Event Color Location

3000 m Steeplechase White International Backstretch, Behind 3000/5000
100 meter WOMEN White 9 Lanes
110 meter MEN White 9 Lanes
200 meter White 9 Lanes
400 meter Yellow 9 Lanes
800 meter Green 1 Turn Green Breakline
1500 meter White International Backstretch
3000/5000 White International Backstretch/Alleys
Mile White International

Relays

Start Exchanges

4 X 100 meter White 2 Turn Yellow all exchanges - Lanes
4 X 200 meter Red 4 Turn Red, Red, Yellow exchanges
4 X 400 meter Blue 3 Turn Blue, Green Breakline -
4 X 800 meter Green 1 Turn Green Breakline

**Exchange Zone Format
All Exchanges Triangles Blue Line Common**

Hurdles

Event Distance Start Color Height Number Markings

Women 100 meter White 33" 10 Yellow
Men 110 meter White 42" 10 Blue
300 meter 300 meter White 36" 30" 8 Red
400 meter 400 meter White 36" 30" 10 Green



USATF
Masters Outdoor Track & Field Championships
University of Wisconsin - Oshkosh
Oshkosh Sports Complex
Oshkosh, Wisconsin
Track Officials Prayer

Oh Lord, in the track meet of life, you know that through most of us are just obscure figures on the field of competition, we all dream of officiating and being notified for our deeds.

Help us, we pray, to be grateful for the gift of life, and the many challenges it offers. Thank you for the thrill of seeing and measuring a new record in the pole vault, for the beautiful fluid motion developed by the sprinters we time and judge as they flash across the finish line. We truly appreciate the wonderful opportunity to be a part of such a team that judges the explosive thrust of the long jumper, to be able to witness the fitness of the smooth high jumper, and we continue to marvel at the endurance exhibited by the long distance runner.

Please teach us to be alert, and to possess a keen eye in order that we may render fair and equitable decisions. Help us to accept each and every assignment with the same dedication and motivation, and while carrying out our job, display great enthusiasm for the job even through it may be small in responsibility.

We pray that we shall be ever mindful of the grim thought of being injured in the performance of our officiating duties and that we will guide our destiny to the betterment of his service.

Help us to accept compliments for a job well done with humility and dignity, and may we always be respectful to the authority of both our Rule Books, HIS and ours. And Lord when the last event is over, and all the results are in, though we suffer through either cold or rain, or sun and heat, may we be able to turn to You, our Head Referee, and report that we gave our very best. Amen.

..... Charles M. Ruter



UMPIRE'S HANDBOOK

July 9 through July 12
2009