



Official's Instructions BEACH SPRINT

- There should be a maximum of 10 in each heat. The ideal number is 8 and should be used wherever possible.
- The course is 70m but for younger age groups, eg U8 and U9, can be reduced to 50m if conditions are poor. The course should be squared to ensure that all competitors run the same distance.
- Competitors must finish the event on their feet to secure a place.
- A starting line between the poles should be made before each race. Runners' positions should be random.
- The Start and Finish lines should be identified by two clearly marked poles with flags on top.
- The starter shall give the instructions are:
 - 'On your marks'
 - 'SET'
 - 'GO'

For Nippers a whistle can cause distraction as competitors tend to look at the starter whereas a clear "GO" usually achieves a better start. For younger Nippers, leaving our "SET" avoids breaking and achieves a fairer start.



The finishing order is determined by the alignment of the competitor's chests with the finishing line.

- At the finish line, 3 judges are required to select the first 3 placegetters. Each judge should select the same position for each race, eg second in all heats and finals. They must stand on the finish line able to clearly align the two finish poles.
- An additional judge is required to complete the results card in a final and deliver it to the central results (Admin Tent) area along with the first 3 placegetters.
- In each heat the first 3 placegetters move into the final for that age group. If the result for third is too close to call, both competitors move into the final.
- In a final if the judges can't be certain of the positions outside of the winner, then the remaining runners return to the start for a re-run to select the second and third.
- An area around the finish line should be roped off and only include judges. Parents should be excluded from this area to avoid potential interference in race results.
- The finish line should be 50m clear of the closest activity.



NIPPER CHAMPIONSHIPS OFFICIAL'S INSTRUCTIONS –BEACH SPRINT

- Age Group Instructors are required to organise their group into equal heat numbers, eg 27 Nippers = 3 heats of 9. They are also required to maintain control of their group during the event.
- No starting blocks shall be permitted, but competitors may create holes or hillocks of sand to aid their start.
- Competitors are required to finish the event on their feet and in control.

