

PRE-COMPETITION REVIEW USAT&F RULES

CHECK IN WITH OFFICIAL RECORDER - SHOW NUMBER

GET POLES INSPECTED

SHOW 2 SMOOTH LAYERS OF TAPE

NO ROLLED TAPE EDGES (ANYWHERE)

NO TAPE ON HANDS EXCEPT ON OPEN WOUND

NOTE JUMP ORDER AND HEIGHTS RAISE BAR BY ____ CENTIMETERS

GIVE STARTING HEIGHT

GIVE STANDARD SETTING IN CM TO OFFICIAL RECORDER ONLY

A. SETTINGS WILL BE DISPLAYED

RUNWAY MARKS MUST BE REMOVABLE, NON-INDELIBLE AND OFF
RUNWAY - TAPE PREFERRED

CONE ON RUNWAY - RUNWAY CLOSED AND/OR TIME HAS ELAPSED

IF NO TIME CLOCK - YELLOW FLAG WHEN 15 SECONDS REMAIN

NO RUNNING ON RUNWAY DURING COMPETITION EXCEPT DURING
YOUR TIME LIMIT-WARMUP ELSEWHERE

DO NOT LEAVE COMPETITION AREA WITHOUT CHECKING WITH
OFFICIAL RECORDER

BE AVAILABLE 5 MINUTES BEFORE COMPETITION STARTS AT HEAD
OF RUNWAY FOR FINAL INSTRUCTIONS: INTRODUCTIONS, ETC