



Darwin Athletics Club – Meet Protocols and Track Etiquette

To be applied at all Athletics NT and inter-club events. All rules are in accordance with the relevant IAAF rules in force at the time of competition

- Arrive at least 30 minutes prior to your first event for registration and warm up. Warm up will be the responsibility of individual athletes, however a DAC coach will be on hand at all events for assistance if required. See your club coach for specifics on warm-up.
- Warm-up should take place on outside lanes if no events are being held or scheduled during the warm up period, otherwise warm up will be outside the track. Stretching should be undertaken off the track.
- Proceed to the designated event muster point at least 10 minutes prior to the scheduled start. **Only competitors, officials and accredited personnel / volunteers should enter the track area, including the jump pits.**
 - Always look in both directions before crossing the track
 - Always look in both directions before crossing the jump lanes or, preferably, walk around the lanes and pits. Do not walk across the jump pits
 - Do not cross the grassed centre-field area at any time during competition (go around the track)
- Undertake your event in accordance with instructions from the marshalling official and the relevant rules.
- As soon as you've completed your event, ensure all details are recorded with the marshalling official prior to exiting the track.

Any questions or for any further information please don't hesitate to speak with one of the club coaches or committee members.