

Crouch Start

When doing a crouch start: -

"On your marks"

- Place your front foot a forearm's length behind the start line
- Place the knee of your back leg on the ground level with your front foot
- Place your hands shoulder-width apart - behind, not on the line.

"Set"

- Raise your hips slightly higher than your shoulders
- Make sure that both your legs remain bent (front leg at about 90 degrees; back leg at about 120 degrees)

"Go"

- Drive your back leg forward
- Swing your arms hard



Standing Start

When doing a standing start: -

"On your marks"

- Place one foot forward - behind, not on the line - pointed directly down the track
- Place your other foot back (about one foot space) pointed directly down the track; lift your heel
- Your feet should be about shoulder-width apart

"Set"

- Bend forward at the hips and knees
- Your opposite arm and leg should be forward
- Look at the ground, about one metre in front of your feet

"Go"

- Drive your arms and legs forward
- Step through with the back foot first.

