

Cheat Sheet — Starters

Both Starters Must:

- Arrive at the top of the hill at least 15 minutes before the scheduled start time.
- Know the rules about starting.

The Telephone (Inside) Starter Must:

- Establish telephone contact with the timer.
- Communicate with the timer for the entire duration of the race.
- Tell racers to “go when ready” during the race. When possible, give the racer a 5-second notice.

The Racer (Outside) Starter Must:

- Pick up the clipboard with the seed sheets (starting order) from inside the start shack.
- Line up racers, announcing loudly and clearly both name and bib number.
- Keep the racers informed about which class is running, and who are the next 5 or 10 racers.
- Work pacesetters into the start order. They normally go first for each run. If a pacesetter is late, work him or her into the start order as soon as possible, without disrupting the racer who is ready to go.
- Tell the racers about any delays made by the Chief of Course. Once a delay is announced, the race time cannot be restored.
- Enforce the rules for start order and procedure.

Delays

- The race start time shall begin on the quarter hour. If the race is delayed, the start time must be moved back to the next quarter hour.

Start Order Between Different Classes on the Same Course

- All classes complete their first run before the second run is started. The order in which the classes proceed is the same for both runs, and is based on the following rules:
 - ◇ All women's classes go before any of the men's classes.
 - ◇ Within the groups of men or women, all supervet classes go first, followed by all vet classes, followed by the open classes.
 - ◇ Within a group of men or women classes of the same age group, the classes are run in order of speed, with the fastest going first.
- The seed lists for each class are normally arranged in the proper order on the clipboard. However, please check to make sure they are correct.

Start Order In a Class (Seed)

- Within each class, the starting order for the first run will be by seed as printed on the sheet.
- For the second run, the top 15 seeds go first in reverse order, followed by the remaining unseeded racers in reverse order.
- Late racers who miss their start must run at the end of the starting order for their class. The only exceptions are those serving as officials on a race—in these cases, work the late racers in as soon as practical. Racers arriving for their first run after their class has finished have missed their start and are disqualified (unless they were officials on another course).

Starting

- When starting, the competitor must have both ankles behind the wand and both poles in front of the wand. The poles must remain planted during the initial thrust through the gate. The racer must move through the gate after the starter says “go when ready.”
- Under no conditions are racers allowed to push off of the start shack building with their hands. Doing so can be grounds for disqualification.
- No racer will be asked to step back from the starting gate once having been instructed to enter it. (Possible exception: to allow a racer from the previous class who would be disqualified otherwise.)