



**CERTIFIED OFFICIALS OF
TRACK, FIELD AND
CROSS COUNTRY, INC.**

The Pentathlon

NYS Certified Officials of Track, Field & Cross Country

Come prepared

- Have copy of the handbook for competition
- A copy of the scoring tables
- A metric conversion table
- Blank scoring sheets
- A calculator
- Stop watch that can take multiple times
- Metric tape measure or know meet management with one available

Pentathlon may be a one or two day event. If conducted over two days, the first two events, Hurdles and High Jump, are generally conducted on the first day. The games committee or meet management may alter the order of events

Role of Pentathlon Coordinator

- At most of the meets we work there is not a Pentathlon Referee but a Pentathlon Coordinator
- The coordinator is the overseer of the entire event.
- You travel from event to event with the athletes.
- You are there at the beginning of each event to give them their lane assignments, order of jumping or throwing.
- You are there at the conclusion of their event to give them instruction about the next event, the location and the time it will begin.
- Between events the coordinator tabulates the points each athlete is awarded for their performance in the previous event.
- The points achieved in the event are entered on the scoring sheet.
- Each athlete will want to know and therefore should be told the points she/he received for the last event, their running point total and their place standing in the event.
- The 30 minute rule is the maximum time they are allowed from the conclusion of one event to the start of the next event.
- During the 30 minute rest/recovery period all warm-ups, getting steps etc. must take place.
- If all competitors agree an event may begin earlier than the end of the 30 minute rest/recovery period.
- While the Pentathlon Coordinators primary role is to oversee the competition, she/he may also have to conduct or help conduct some of the field events.
- If an athlete commits an infraction in an individual event the athlete is not necessarily disqualified from further competition in the pentathlon. The athlete will receive zero points for that event. For example if while competing in the hurdles the athlete pushes over a hurdle that athlete will receive no time and therefore no points for that individual event. The athlete may continue to compete in the remaining four events.
- In the throw or jumps an infraction would result in a foul not dismissal from the event.
- In the case of unsportsmanlike or unacceptable conduct or behavior the referee must be made aware of the situation immediately. Only in the event of unsportsmanlike or unacceptable conduct may the athlete be disqualified from the pentathlon.
- Consult the meet referee prior to disqualifying an athlete from competition.

Hurdles

- Set up the athletes in sections.
- If FAT is being used the sections will have been set up in advance. In this case get hip numbers from the clerks and hand them out to the competitors when giving them their section & lane assignments.

- There should be an empty lane separating each athlete. For a six lane track run 3 athletes in each section. For an eight lane track four athletes per section.
- Pentathlon Handbook for Competition says to run lower high jumpers in the early sections and the best high jumpers in the later sections. This is the way to go when the field is large and you are using two high jump areas. However when using one high jump area it is not necessary. The high jump can't start for 30 minutes after the last hurdles race and all athletes must get their steps prior to beginning the high jump so when using only one high jump area the seeding of the hurdles does not matter.
- Be at the finish line to oversee the collecting of times. All athletes must have three times recorded. A minimum of four watches should be started for each section with everyone getting times on each hurdler. Rarely do we have the luxury of having three individual timers for each place. When FAT is used hand times are not necessary but it is always a good idea for everyone at the finish line to start their watch and get times for all the runners regardless.
- If two of the timers watches agree and the third disagree, the time shown by the two shall be the official time. If all three timers watches disagree then the middle time shall be recorded as the official time (not the average of the three times). If for some reason only two timers watches record times and they fail to agree, then the slower time is recorded as the official time.

High Jump

- If the games committee has not established the opening heights (usually the case); while the athletes are getting their steps poll them as to the height they would like as a starting height. Make it clear to them this is just a poll to establish an opening height and they will be given another opportunity to give you or the high jump official their individual opening height. The opening height will be the lowest height requested.
- The high jump bar is raised in increments of 3 cm which is about 1". The athletes should be informed of this when you give them their high jump instructions.
- All heights are in the metric system. Since officials and athletes do not know the conversion you should have a conversion table with you. While you should be talking to them in official metric heights you should be prepared to answer the question; "how high is that in feet & inches?"
- Keep the athletes informed how much time they have to the official start time of the high jump, which was established to be 30 minutes after the completion time of the hurdles.
- Start the event on time.
- Go over the rules of the High Jump with the pentathletes.
 - 3 consecutive misses and they are out of the competition.
 - 1 minute from the time called to initiate a jump.
 - Increments are 3cm or approximately 1 ¼"
 - Do not use five alive unless specifically instructed to by Games Committee.
- This event usually takes the longest of the five events.
- Often there are a group of jumpers who have finished competition in the High Jump and a group of jumpers that is just coming in at the current height. You may take approximately half of the field, when they are done with the high jump to the next event, shot put. Of course you must give them 30 minutes from the time you decide to do this prior to starting the shot put.
- No matter what, those athletes who go out of the high jump at lower heights will get considerably more rest/recovery than the better high jumpers. You still must provide the 30 minute minimum break between the conclusion of the high jump and the start of the shot put.
- Inform the competitors of the start time of the shot put and that they should go there and warm up because the event will begin on time.
- Between the conclusion of the high jump and the start of the shot put tabulate the running totals and standings for the pentathletes,

Shot Put

- Start the event on time
- Go over the rules of the Shot Put with the pentathletes.
 - Each pentathlete gets 3 throws.
 - 1 minute from the time called to initiate a throw.
 - Remind them to exit through the rear half of the circle.
- As stated previously, start the shot put with the jumpers who went out of the high jump first.
- You will likely run multiple flights. Those who went out of the high jump first will make up the first flight of the shot put and those who were in the high jump to the end will make up the last flight.
- When FAT is used the flights are usually established in advance. In this case you must wait until all competitors have received their 30 minute rest/recovery from the high jump or they have given their okay to begin. As stated in the Pentathlon Handbook for Competition in Rule 2-h “The Pentathlon Referee shall have the authority to rearrange any group for reasonable purpose.”
- Of the field events contested this event usually takes the least amount of time.
- Oversee the shot put competition and be available to lend a hand if needed.
- Inform the competitors of the start time of the long jump and that they should go there, get their steps down and warm up because the event will begin on time.
- Between the conclusion of the shot put and the start of the long jump tabulate the running totals and standings for the pentathletes.

Long Jump

- Set up flights so the shot putters that finished first make up the first flight. The shot putters that finished last should make up the last flight.
- When FAT is used the flights are usually established in advance. In this case you must wait until all competitors have received their 30 minute rest/recovery from the shot put or they have indicated they are ready begin (if less than 30 minutes). As stated in the Pentathlon Handbook for Competition in Rule 2-h “The Pentathlon Referee shall have the authority to rearrange any group for reasonable purpose.”
- Start the event on time.
- Go over the rules of the long jump with the pentathletes.
 - Each pentathlete gets 3 jumps.
 - 1 minute from the time called to initiate a jump.
 - Remind them to exit the pit beyond their mark.
- Oversee the long Jump competition and be available to lend a hand if needed.
- Once the last competitor makes their final jump start the 30 minute rest/recovery period.
- Immediately notify the referee of the expected time for the start of the 800/1500 (when the 30 minute rest/recovery period will end). The Referee in consultation with the meet management will then figure where to place the 800/1500 in the order of running events.
- Between the conclusion of the long jump and the start of the 800/1500 meter run tabulate the running totals and standings for the pentathletes.

800/1500 Meter Run

- As soon as the referee/meet management has decided where to place the race in the order of running events on the track the athletes should be notified.
- The athletes are placed on the track based on their standing after four events The first place athlete is given position 1 on the track and so on.
- If FAT is being used the pentathlon official should get hip numbers from the clerk to be distributed to the competitors prior to the start of the race.
- Be at the finish line to oversee the collecting of times. All athletes must have three times recorded. A minimum of four watches should be started for each section with everyone getting times on each runner. Rarely do we have the luxury of having three individual timers for each place.

- If two of the timers watches agree and the third disagree, the time shown by the two shall be the official time. If all three timers watches disagree then the middle time shall be recorded as the official time (not the average of the three times). If for some reason only two timers watches record times and they fail to agree, then the slower time is recorded as the official time.

Being the pentathlon official offers an official a unique opportunity to really get to know the competitors. Keep this in mind as you go through the day(s) with the young women & men. You can really connect with them in a positive way. The impression you leave with them can carry over and influence their opinion of all officials.

Please be courteous, kind and gentle with the competitors. Do not be abrupt, short, corrective in your tone or argumentative with the competitors.

You should have fun officiating this event. Yes, it is a lot of work but from my experience it can also be the most rewarding officiating position at any meet.

Enjoy!

March 5, 2005