





One Hour Race

Rule 164

3. In any race decided on the basis of the distance covered in a fixed period of time, the Starter shall fire the gun exactly one minute before the end of the race to warn athletes and Judges that the race is nearing its end. The Starter shall be directed by the Chief Timekeeper and, at exactly the appropriate time after the start, he shall signal the end of the race by again firing the gun. At the moment the gun is fired to signal the end of the race, the Judges appointed for that purpose shall mark the exact spot where each athlete touched the track for the last time before or simultaneously with the firing of the gun.

The distance achieved shall be measured to the nearest metre behind this mark. At least one Judge shall be assigned to each athlete before the start of the race for the purpose of marking the distance achieved.

A - Setting up the event

- Organise it on a track 400m long exactly;
- On any other track the timing and the control of the distance covered in an hour would prove very difficult.
- It is common to announce that the event will take place over 20,000m and for one hour.
- Arrange the time of the event so that the athletes are not affected by the heat, if possible.
- Have a maximum of 20 athletes per race and, if necessary, organise several races.
- Give, in each race, numbers from 1 to 20.