Note: This material was originally posted by Jim Gerweck in November 2001 in webspace provided by his AOL account. Interestingly, even though Jim terminated his AOL account soon afterward, that copy on AOL's website remained online for many more years, until it finally disappeared when AOL shut down all of their "AOL Hometown" member websites on October 31, 2008. Meanwhile, as we hadn't trusted AOL's copy to remain online indefinitely, we copied it to this rrtc.net site in October 2005. We haven't copied it to the USATF site, due to the unfinished nature of this material.

Table of Contents

Introduction
Chapter I: The Start
Timing Requirements
  Watches and Timing Devices
  Official Times and Provisions for Alternate Times
  Synchronizing the Primary Timing Device
  Reporting Times from a Running Watch
  Handling Automatically Truncated, Rounded or Rased Times
  Official times when Fractions of Seconds are Unavailable
Timing the Start
  Multiple Starting Lines
  Auxiliary Watches and Digital Display Clocks
Managing the Start
  Pseudo-Starting Line
  Starting Command and Countdown
  Seeded Runners
  Starting the "Wave" Start

Chapter II: Finish Line Theory

The Ladder
Arrival Rates and Processing Rates
Chapter III: Finish Line Sub-Systems

Time versus Bib-Number or Name
- Manual Select Timing
- Tape Recorder
- Video-Tape Recorder
- Direct Computer Entry

Time versus Place
- Tic Sheet Recording
- Select Timing Only
- Printing Timers
- Direct Computer Entry

Place versus Bib-Number or Name
- Place Stick
- Place Card Only
- Place Card/Pull Tag
- Pull Tag/Spindle
- Manual Recording
- Bar-Code Reader

Chapter IV: Design of the Finish Line System

Toll-Booth versus Multi-Plex Systems
Combining Sub-Systems
The Pre-Finish Line Area
The Finish Line
- Judging Close Finishes
The Deceleration Zone
- Single Chute Operation
- Multiple Chute Operation
- Two Chute Operation
- Four Chute Operation
- Six Chute Operation
- Eight Chute Operation
Processing Chute Design and Construction
- Processing Chute Dimensions
- Chute Construction
Handling Interlopers and Other Problems
Example of Finish System Design for a Large Race
Example of a Short Race of Medium Size
Example of a Small Race
Example of a Really Small Race

Chapter V: Race Registration
Entry Forms
  Race Flyer Information
  Entry Blank Information
Pre-Race Registration
  registration for a Manual Recording System
    Number Blocking
    Letter Coding
Registration for a Pull-Tag Finish System
  Peelable Pull-Tags
  Pull-Tags for the Spindle System
  Color-Coding
  Pull-Tags with Bar Codes
Packet Pickup
  Using Computers to Facilitate Packet Pickup
  Organizing Packet and T-Shirt Pickup
Late Registration
  Number Blocking and Color-Coding
  Handling Entry Fees

Chapter VI: Award Search and Posting Results

Manual Recording Systems
Place Card Systems
Pull-Tag Systems

Chapter VII: Race Result Preparation

Preparing the Data
Using Select Times
The Select Only Mode
Results Format

Chapter VIII: Scoring Races By Computer

Race Setup
Recording Times and Select Times
Processing Results with the Computer

Chapter IX: Verification of Performances

Types of Cheating
  Course Cutting
  Failure to Start at the Start
  Impersonation
Course Monitoring
Start Check-In Procedure
Video-Tape the Finish
Awards and Disqualification

Appendix A: USATF Rules of Competition
Appendix B: Glossary of Terms

Proceed to first section of manual: Introduction

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