



Program Learning/Performance Objectives and Mentor Checklist for all Study Guides (Plan A, Plan B, Plan V)

Study Guide 2 – STARTER

Participant’s Name: _____ **Mentor Name** _____

Evaluate applicable areas, based on assignment(s) for this meet/some areas will be Non-Applicable (NA)

INSTRUCTIONS: All items on this Checklist must be completed during the timeline of the program. Some participants are in the program for 1-4 years. All items/objectives should be checked when the item is successfully completed. Not all items will be completed at any particular meets but over a series of meets. Enter the date of the completed PO/LO, your initials for verification, and any comments that you may have. Make three (3) copies when the form is completed. Keep one (1) copy for yourself. Distribute one (1) to the participant. Send one (1) to your Certification chairperson or to your Junior Officials Program coordinator as per your specific Association designee. All Objectives must be met before submission. *Note: Some of the items on the checklist may be “Not Applicable (NA) but those items are very limited. Ex. A 14-year-old JOP Participant will not be a Starter at a meet or assigning other officials to duties. These type criteria will be marked NA. NA’s should be used sparingly.*

Learning Objectives What should the JOP be able to explain or do?	PO #	Date Completed	Mentor Initials
USATF Rule 129	Rule		
Characteristics of a Good Starter	S1		
Pre-Meet Activities	S2		
Recall Starters	S3		
Instructions to Competitors	S4		
Position of Starter and Recall Starters	S5		
Sprint Races - Straightaways	S6		
Distance Races (1500 M or longer)	S7		
Starter Stance and Mannerisms	S8		
Voice Commands	S9		
Arm Signals	S10		
CC Races NCAA specific procedures	S11		
Relay Races	S12		
Pulling the Trigger	S13		
Rotating Starters	S14		
Starters’ Uniform	S15		
Ear Protection	S16		
Safety	S17		
Personal Equipment	S18		
Duties	S19		
Pre-Meet Preparations	S20		
Starts	S21		
Safety Considerations	S22		
Starter Rules Comparisons	S23		



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Comments: _____
