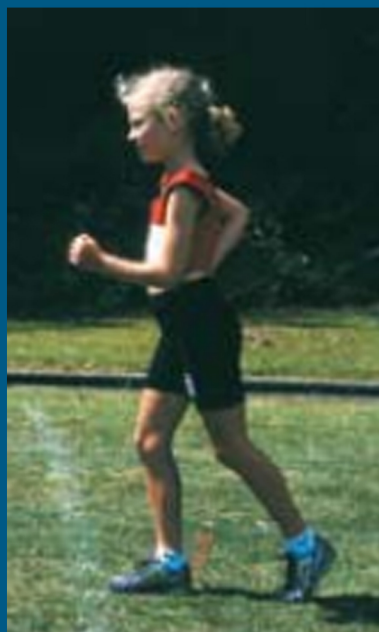


STANDING START

"On Your Marks"



- Place one foot forward - behind, not on the line - pointed directly down the track.
- Place your other foot back (about one foot space) pointed directly down the track; lift your heel.
- Your feet should be about shoulder-width apart

"Set"



- Bend forward at the hips and knees.
- Your opposite arm and leg should be forward.
- Look at the ground, about one metre in front of your feet.

"Go"



- Drive your arms and legs forward.
- Step through with the back foot first.