**Figure 1.** The sequence of events and subsequent delays occurring during the sprint start
Figure 2. The (a) heel-lift experimental rig, (b) attachment of electrodes on the participant’s leg during the stationary phase (90° knee flexion), and (c) following the electrical signal (plantar flexion).
Figure 3. Lab Chart 8 visual output from a heel-lift experiment trial. Electronic signal and force plate output are represented on the same channel (Channel 1). Soleus EMG output (Channel 2) and heel-lift response time (Channel 3) are also represented. The x-axis represents time (s) with the y-axis representing signal output (mV or V). Arrows represent the onset of the M-wave (EMG/force).
Figure 4. Placement of Starting Module on IAAF approved starting blocks
Figure 5. TimeTronics False Start III Pro output example. The x-axis represents time and the y-axis represents an arbitrary unit that shows motion from the blocks as an increase in value. Horizontal lines ‘sensitivity’ and ‘offset’ are individualised to each athlete.
Figure 6. Scatterplot matrix: main diagonal shows histograms of variables used in the regression modelling stage with superimposed density curve; upper triangular part shows the Pearson product-moment correlation coefficient between pairs of variables, *p < 0.01; *p < 0.05; lower triangular part shows scatterplots of variables with superimposed simple linear regression lines.
Figure 7. Scatter plot of predicted sprint start response time values (top) against residuals.