

Event					Preferred Lanes					
4 x 800 Relay	4	5	3	6	2	7	1	8		
100 / 110 Hurdles	4	5	3	6	2	7	1	8		
100 m	4	5	3	6	2	7	1	8		
4 x 200 Relay	4	5	3	6	2	7	1	8		
1600 m	Alley 2A	3A	1A	4A	2B	3B	1B	4B		
4 x 100 Relay	4	5	3	6	2	7	1	8		
400 m	4	5	3	6	2	7	1	8		
300 Hurdles	4	5	3	6	2	7	1	8		
800 m	Alley 2A	3A	1A	4A	2B	3B	1B	4B		
200 m	4	5	3	6	2	7	1	8		
3200 m	Alley 2A	3A	1A	4A	2B	3B	1B	4B		
4 x 400 relay	4	5	3	6	2	7	1	8		