

# EVENT TRACK MARKINGS

LANES ARE 1-8

ALLEYS: #1	#2	#3	#4
LANE 1&2	LANE 3&4	LANE 5&6	LANE 7&8

## Preferred Lanes

RACES RUN IN LANES - 4, 5, 3, 6, 2, 7, 1, 8

RACES RUN IN ALLEYS WILL BE - 2a, 3a, 1a, 4a, 2b, 3b, 1b, 4b, 2c, 3c, 1c, 4c, start on the green line in your lanes.

Waterfall will be 1, 2, 3, 4, etc

## Events

**4 X 800 METER RELAY** (Lanes or Alleys) 1 TURN STAGGER START ON GREEN LINE BREAK AT THE CONES

**100 METER HURDLES** (GIRLS) SET HURDLES ON YELLOW DOTS, PUT THEM 2 NOTCHES UP.

**110 METER HURDLES** (BOYS) SET HURDLES ON BLUE DOTS, PUT THEM on the 4th NOTCH UP.

**100 METER DASH** (LANES)

**4 X 200 RELAY** ((LANES) START ON RED, EXCHANGE ZONES ARE RED, RED, YELLOW.

**1600 METERS** ( ALLEYS)1 TURN STAGGER, START ON GREEN AND BREAK AT THE CONES.

**4 X 100 RELAY** (LANES) START ON THE RED, EXCHANGE ZONES ARE YELLOW ALL THE WAY ( #2 runner to the scoreboard, #3 runner to the NE corner, #4 runner to NW corner)

**400 METERS** (LANES) START ON THE WHITE

**300 HURDLES** (LANES) HURDLES ON RED DOTS, GIRLS BOTTOM NOTCH, BOYS 3rd NOTCH UP

**800 METERS (ALLEYS) (1 TURN STAGGER) BREAK IN AT THE CONES**

**200 METERS (LANES)**

**3200 METERS (ALLEYS) (1 TURN STAGGER) BREAK IN AT THE CONES**

**4 X 400 (3 TURN STAGGER) START ON BLUE, EXCHANGE ZONES ARE BLUE TO BLUE, #2  
RUNNER CAN CUT IN AT THE CONES**