

## Stratford HS Track

### Exchange Zones

400 Relay – Large - **GOLD** Triangles

800 Relay – Large **GREEN** – **GREEN** Triangles for exchanges one & two;  
Large – **GOLD** Triangles for the third exchange.

1600 Relay – **First Exchange Zone** - Large **BLUE** Triangles STAGGERED in lanes.  
**Second & Third Exchange Zone** - Row of Large **BLUE** Triangles

- First runner stays in the assigned lane.
- Second runner can move down after break line on backstretch.

**Small GOLD triangles are the international starting point for relay exchange zones.**

### Hurdle Markings:

100 Hurdles – **GOLD**

110 Hurdles – **BLUE**

300 Hurdles – **GREEN**