

## Markings for Stratford HS Track

### EXCHANGE ZONES

400, 800, and first leg of 1600 Relay – runners must be stationed entirely inside a 30 meter take-over zone and batons must be passed entirely within the same 30 meter zone.

Large triangles are the starting point for all 400 and 800 Relay exchange zones, and first leg of 1600 Relay. The end of the exchange zone for each relay is:

- 400 Relay
  - Large **GOLD** Triangles
- 800 Relay
  - Large **GREEN** Triangles for exchanges one & two,
  - Large **GOLD** Triangles for the third exchange.
- 1600 Relay
  - **First Exchange Zone**
    - Large **BLUE** triangles to Large **BLUE** Triangles
  - **Second/Third Exchange Zone**
    - Large **BLUE-BLUE** Triangles (20 meter zone)
  - **First runner stays in assigned lane.**
  - **Second runner can move down after break line on backstretch,**
    - Small cones for second runners at green dashed break line

### STARTING POINTS

- **400 Run & 400 Relay** - Solid **GOLD** line in each lane.
- **800 Run**
  - 8 or less runners: Individual lanes
    - Solid **WHITE** line in each lane.
    - Small cones for runners at green dashed break line.
  - Greater than 8 runners: Double Waterfall start, 2:1 ratio
    - Small cones between lanes 4 and 5.
    - Small cone for 2<sup>nd</sup> waterfall runners at green dashed break line (lane 5).
- **800 Relay** - Solid **GREEN** line in each lane.
- **1600 Relay** - Solid **BLUE** line in each lane.
- **100 Dash & 100 Hurdles** - Solid **WHITE** line at the top of the home straightaway.
- **110 Hurdles** - Solid **WHITE** line at the top of the home straightaway.
- **300 Hurdles** - Solid **WHITE** line in each lane.
- **200 Dash** - Solid **WHITE** line in each lane at the end of the back straightaway.
- **1600 Run** - Waterfall starting line. (Or race can be started the same as 800 run)
- **3200 Run**- Waterfall starting line. (Or race can be started the same as 800 run)

### HURDLE MARKINGS

- 100 Hurdles – **GOLD**
- 110 Hurdles – **BLUE**
- 300 Hurdles – **GREEN**