

Markings for Memorial 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 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 runner at break line

STARTING POINTS

400 Run & 400 Relay - Solid **GOLD** line in lane.

800 Run – 8 or less runners: Individual lanes, solid **WHITE** line in lane.

Small cones for runner at break line.

Greater than 8 runners: Double Waterfall start, 2:1 ratio

Small cones between lanes 4 and 5 and for 2nd waterfall runners at break line.

800 Relay - Solid **TEAL-GREEN** line in lane.

1600 Relay - Solid **BLUE** line in lane.

100 Dash & 100 Hurdles - Solid **WHITE** line at the top of the home straightaway.

110 Hurdles - Solid **BLUE** line at the top of the home straightaway.

300 Hurdles - Solid **WHITE** line in lane.

200 Dash - Solid **WHITE** line in 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 – **White**