

## DRAKE TRACK MARKINGS - HIGH SCHOOL BOYS AND GIRLS

<u>Event</u>	<u>Markings</u>
100m	Start - 2 <sup>nd</sup> white from north end
100 m Hurdles	Start - 2 <sup>nd</sup> white from north end, hurdles on yellow dashes - 33" - 6# pull
110m Hurdles	Start - 1 <sup>st</sup> white from north end, hurdles on blue dashes - 39" - 6# pull
200 m	1 turn stagger - Start - white - NE corner lanes all the way
400 m	2 turn stagger, Start - white - lanes all the way
400m Hurdles	2 turn stagger, Start - white - hurdles on green dashes - 30" - #6 pull -lanes all the way
800m	White double waterfall, back 1-8, front 9-12 - cut when clear - front runners stay outside lane 4 to cut line at head of straightaway
1500m	White waterfall SE corner, two runners lanes 1-8, one runner behind lanes 1-8, cut when clear
1600m	White double waterfall, back 1-16, front 17-24 - cut when clear - front runners stay outside lane 4 to cut line at head of straightaway
3000m	White double waterfall, back 1-16, front 17-24 - cut when clear - front runners stay outside lane 4 to cut line at head of straightaway
3200m	White double waterfall, back 1-16, front 17-24 - cut when clear - front runners stay outside lane 4 to cut line at head of straightaway
4 x 100m relay	2 turn stagger - Start - white, exchanges - all yellow - lanes all the way
4 x 200m relay	4 turn stagger - Start - red, exchanges - 1 / 2 & 2 / 3 red, 3 / 4 yellow - lanes all the way
4 x 400m relay	3 turn stagger - Start - blue, exchanges - 1 / 2 blue exchange, 2 / 3 & 3 / 4 blue line - second runner cuts at cut line at head of straightaway
4 x 800m relay	White double waterfall, back 1-8, front 9-12 - cut when clear - front runners stay outside lane 4 to cut line at head of straightaway
Sprint Medley (G)	3 turn stagger - Start - blue, exchanges - 1 / 2 blue line, 2 / 3 blue line, 3 / 4 blue line, anchor cuts at cut line at head of straightaway (100-100-200-400)
Medley (B & G)	3 turn stagger - Start - blue, exchanges - 1 / 2 blue, 2 / 3 blue line, 3 / 4 blue line, 400 runner cuts at cut line at head of straightaway (200-200-400-800)
Shuttle Hurdle (G)	1 & 3 behind south finish, 2 & 4 behind taped line on north - hurdles on yellow triangles alternating directions - 33" - 6# pull
Shuttle Hurdle (B)	1 & 3 behind south finish, 2 & 4 behind taped line on north - hurdles on blue triangles alternating directions - 33" - 6# pull