

## Foothills Start Lines & Notes

**50m to 400m** Solid white lines in the locations shown on the track diagram. Note that the 300m start lines are only partial lines, and must be taped.

**50m to 150m and hurdles** The track is lined so that these may be run with the wind on the back straight, finishing even with a line at the 200m start in lane 1.

**800m** If a group (waterfall) start, utilize the solid white arc. If run in lanes (with a maximum of two athletes in each lane), utilize the white/green/white start line. Athletes run in lanes only to the break line at the end of the first turn.

**600m, 1000m, 3000m & 5000m** Solid white arc at the end of the back straight. Where there are more than 12 athletes, they may be divided into two groups with 65% starting on the regular arced line and the balance starting on a separate arced line across the outer half of the track. These athletes shall run in the outer half of the track until the end of the first turn where they may then cut in.

**1200m, 2000m & 10,000m** Solid white arc at the start/finish line. Where there are more than 12 athletes they may be divided into two groups with 65% starting on the regular arced line and the balance starting on a separate arced line across the outer half of the track. These athletes shall run in the outer half of the track until the end of the first turn where they may then cut-in at the 800 m break line.

**1500m** Solid white arc at the beginning of the back straight.

**1500m Steeplechase** Solid white arc line in middle of back straight. 12 hurdle jumps and 3 water jumps, with the first jump being the one past the finish line.

**1500m Steeplechase (LTAD/Midget)** No water jump so start line is the normal 1500m start line. 12 hurdle jumps with the first jump being the one past the finish line.

**2000m Steeplechase** Solid white arc on the back straight, just past the 1500m line. 18 hurdle jumps and 5 water jumps. The first jump is the first hurdle after the start.

**3000m Steeplechase** Solid white arc on the home straight. 28 hurdle jumps and 7 water jumps. The distance from the start to the beginning of the first lap shall not include any jumps.

**Note** As the water jump is located outside the track, each lap (with a water jump included) is about 420m in length. As such, when doing splits for the runners (for 2000m SC & 3000m SC), you must move 20m in a clock wise direction for each water jump lap.

**4x100m Relay** Use 400m start lines. 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> runners must commence inside acceleration zone.

**4x400m Relay (4 or less teams)** Use white/green/white (800m) start line. First bend only run in lanes. Cut in at 800m break line. All exchanges are not in lanes and as such, no tape may be used (170:11). 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> runners must commence inside exchange zone.

**4x400 Relay (5 or more teams)** Use white/blue/white start line. First lap and exchange takes place in lanes. 2<sup>nd</sup> runner runs 1<sup>st</sup> turn in lanes and then may cut in at 800m break line. 2<sup>nd</sup> and 3<sup>rd</sup> exchange not in lanes and as such, no tape may be used (170:11). 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> runners must commence inside the exchange zone.