

Jack Simpson Start Lines

60m Solid white line as shown on the track diagram.

200m White/black/white start lines as shown on the track diagram.

300m Solid white lines as shown on track diagram.

800m If run in lanes (one turn cut-in) the start lines need to be marked with tape. The one turn cut-in needs to be denoted by placing cones at the beginning of the back straight, as there is no permanent break line marked on the track. For younger age classes and other groups if all parties are in agreement, this event starts on the arced start line.

1,000m to 3,000m A group start using the white arced start lines in the positions indicated on the track diagram

4 x 200m Relay Solid white start line with a three turn cut-in. Exchange zones are open ended. First exchange done in lanes and tape may be utilized. 2nd runner runs 1st turn in lanes and then may cut in at 800m break line. 2nd and 3rd exchanges not done in lanes and tape may not be utilized. 3rd and 4th runners place themselves in the order at the 100 corner and that order can then not be changed. Athletes may however move inside to vacant lanes as long as the order is not changed.

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