

Calgary Foothills Athletic Park

Start Lines & Notes

50m to 400m Solid white lines in the locations shown on the track diagram. Note that the 200m start lines for races finishing in the back stretch, are only partial lines, and must be taped.

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

Echelon Starts There is a painted black line, 3m behind the start lines at the 200, 300, 400 and 800m start lines to show the athletes where to line up after they are assembled by the Starter's Assistant. When the command "On Your Marks" is given, the athletes immediately move to the start line and wait for the gun to commence their race.

800m If a group (arc line) 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 where they cut in *after* passing the suitable marker on the first bend.

600m, 1000m, 3000m & 5000m Solid white arc at the end of the back straight extends off the track to accommodate more athletes. 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 cut in *after* passing the suitable marker on the first bend.

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 cut-in where they cut in *after* passing the suitable marker on the first bend.

1500m Solid white arc at the beginning of the back straight which extends past the track on the outside to accommodate more athletes.

Steeplechase

W U16	1500m	0.762m(30")	12 barriers and no water jumps	12 jumps
W U18	2000m	0.838m (33")	18 barriers & 5 water jumps	23 jumps
W U20	3000m	0.762m(30")	28 barriers & 7 water jumps	35 jumps
W Senior	3000m	0.762m(30")	28 barriers & 7 water jumps	35 jumps
W35+	2000m	0.762m(30")	18 barriers & 5 water jumps	23 jumps
M U16	1500m	0.762m(30")	12 barriers and no water jumps	12 jumps
M U18	2000m	0.838m (33")	18 barriers & 5 water jumps	23 jumps
M U20	3000m	0.914m(36")	28 barriers & 7 water jumps	35 jumps
M Senior	3000m	0.914m(36")	28 barriers & 7 water jumps	35 jumps
M35-59	3000m	0.914m(36")	28 barriers & 7 water jumps	35 jumps
M60+	2000m	0.762m(30")	18 barriers & 5 water jumps	23 jumps

1500m Steeplechase Solid white arc line in middle of back straight which extends past the track on the outside to accommodate more athletes. 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 extends off the track to accommodate more athletes. 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. Do the same for the 3000m SC for 7 laps to the 200m start line.

4x100m Relay Use white 400m start lines. 2nd, 3rd and 4th runners must commence inside acceleration zone.

4x400m Relay (4 or less teams) Normally 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, therefore, no tape may be used (24.4). 2nd, 3rd & 4th runners must commence inside exchange zone by the finish line.

4x400 (5 or more teams) Normally use white/blue/white start line. First lap and exchange takes place in lanes. 2nd runner runs 1st turn in lanes and then may cut in *after* passing the suitable marker on the first bend. 2nd and 3rd exchange is not in lanes, therefore, no tape may be used (TR 24.4). 2nd, 3rd and 4th runners must commence inside the exchange zone by the finish line.