

Rollie Miles Track Start Lines & Notes

60m to 400m Solid white lines in the locations shown on the track diagram. **Note:** reverse 200m start lines are marked on this track, identified by small black bars in each lane in the start/finish line area. The “reverse” 200m finish line is near the end of the back straight

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 green break line at the end of the first turn.

1000m, 3000m & 5000m Solid white arc line at the end of the back straight.

1200m, 2000m 10,000m Solid white arc line at the start/finish line.

1500m Solid white arc line at the beginning of the back straight. Athletes are placed on the straight portion of the track, rather than around the bend.

1500m Steeplechase Solid white arc line on the back straight. 13 hurdle jumps and 3 water jumps. The first jump is the 5th hurdle of a normal lap. The third hurdle needs to be removed until the athletes have passed for the first time.

1500m Steeplechase (LTAD/U16) Same as 1500m start line. No water jumps. 12 hurdle jumps. The first hurdle being the one past the finish line.

2000m Steeplechase Solid pink arc line on the back straight. 18 hurdle jumps and 5 water jumps. The first jump is the third hurdle of a normal lap so the second hurdle of a normal lap must be removed until the athletes have passed for the first time.

3000m Steeplechase Solid white arc in the middle of the finish straight. 28 hurdle jumps and 7 water jumps. All hurdles are in place at the start of this race.

Note As the water jump is located outside the track, each lap (with a water jump included) is longer than 400m. Pace off the distance from the 1500m SC start line back to the regular 1500m start line, divide by 3 (for 3 water jumps) and this is the number of paces (in a clockwise direction) that must be moved each lap (with a water jump) by the individual providing splits for the athletes.

Pace off the distance from the 2000m SC start line back to the regular start line, divide the paces by 5 (for 5 water jumps) and this is the number of paces (in a clockwise direction) that must be moved each lap (with a water jump) by the individual providing splits for the athletes. Do the same for the 3000m for 7 laps to the 200m start line.

4x100m Relay Use 400m start lines. 2nd, 3rd and 4th 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 green break line. All exchanges are not in lanes and as such, no tape may be used (TR 24.4). 2nd, 3rd & 4th 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. 2nd runner runs 1st turn in lanes and then may cut in at 800m green break line. 2nd and 3rd exchange not in lanes and as such, no tape may be used (TR 24.4). 2nd, 3rd and 4th runners must commence inside the exchange zone.

All start lines are very clearly labelled/identified on the outside of this track. In addition, some of the start lines have marked assembly lines.