

Foote Field Start Lines & Notes

50m to 400m Solid white lines in the locations shown on the track diagram

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.

600m, 1000m, 3000m & 5000m Solid white arc line 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.

1 Mile Solid white arc line just before the start/finish line.

1200m, 2000m & 10,000m Solid white arc line 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 line at the beginning of the back straight.

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 (LTAD/U16) 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.

1500m Steeplechase Solid white arc line just before the 1,500m start line. 12 hurdle jumps and 3 water jumps, with the first jump being the one past the finish line.

2000m Steeplechase Solid white arc line on the finish straight. 18 hurdle jumps and 5 water jumps. The first jump is the third hurdle of a normal lap. The first two hurdles are not placed until the athletes have passed on the first lap.

3000m Steeplechase Solid white arc line on the back 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 inside the track, each lap (with a water jump included) is only 396m in length. As such, when doing splits for the runners (for 2000m SC & 3000m SC), you must move 4m in a counter clock wise direction for each water jump lap.

4x100m Relay Use 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 and as such, no tape may be used (TE 24.4). 2nd, 3rd & 4th runners must commence inside the exchange zone.

4x400 Relay (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 cuts in at 800m 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.