

Leduc John Bole Track Start Lines & Notes

60m to 400m Solid white lines in the locations shown on the track diagram.

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 (LTAD/U16) Same as 1500m start line. No water jumps. 12 hurdle jumps. The first hurdle being the one past the finish line. No markings are painted on the track for the barriers. Set the barriers in the following locations:

Location	Distance Between Barriers
Finish line to B1	12m
B1-B2	79m
B2-B3	79m
B3-B4	168m
B4 to Finish Line	68m

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 (170:11). 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 (17.7). 2nd, 3rd and 4th runners must commence inside the exchange zone.

All start lines are very clearly labelled/identified on this track.