# Fowler Track Start Lines & Notes

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

**800m** If a group (waterfall) start, utilize the solid white arc line. If run in lanes (with a maximum of two athletes in each lane), utilize the white/green/white start lines. 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.

**1200m, 2000m & 10,000m** Solid white arc line at the start/finish line area. 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 using the 800m break line.

**1500m** Solid white arc line prior to the beginning of the back straight. Due to the configuration of this track, this start line is further back into the first turn than is normally expected. Note that the 2000m SC start line is even further back into the first turn.

**1500m Steeplechase** Solid white arc in the middle of the back straight. 12 hurdle jumps and 3 water jumps, with the first jump being the one past the finish line.

**1500m Steeplechase (LTAD/U16)** Same as 1500m start line. No water jumps. 12 hurdle jumps so the first jump is the one past the finish line.

**2000m Steeplechase** Solid white arc line part way around the first turn, just prior to the 1500m start line.

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 needs to be removed until the athletes have passed for the first time.

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

**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 break line. All exchanges are not in lanes and as such, no tape may be used (IAAF 170:11). 2nd, 3rd & 4th runners must commence inside exchange zone.

**4x400 Relay (5 or more teams)** Use white/red/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 break line. 2nd and 3rd exchange not in lanes and as such, no tape may be used (IAAF 170:11). 2nd, 3rd and 4th runners must commence inside the exchange zone.