

**GRAND VALLEY STATE**  
**2008-09 TRACK & FIELD**  
**LTB 300 METER TRACK MARKINGS**

<b><u>EVENT-LAPS</u></b>	<b><u>START LINE/ INSTRUCTIONS</u></b>
<b>60 dash/ hurdles</b>	homestretch- come back to lanes at finish line and face bleachers
<b>200</b>	backstretch by windows- stay in lanes through finish, come back to finish line and face bleachers
<b>400 (1 &amp; 1/3 lap)</b>	far end by throws cage- stay in lanes through first turn break after cones on beginning of backstretch
<b>600 (2 laps)</b>	common finish line- two turn stagger in lanes cut in after cones at beginning of home stretch
<b>800 (2 &amp; 2/3 laps)</b>	backstretch by windows- stay in lanes through the turn break after cones on beginning of home stretch
<b>1000 (3 &amp; 1/3 laps)</b>	far end by throws cage- water fall start
<b>Mile(5 &amp; 1/3 laps)</b>	waterfall by throws cage- cut in once clear of competitors
<b>3000(10 laps)</b>	waterfall at common finish line
<b>5000(16 &amp; 2/3 laps)</b>	waterfall on backstretch by windows
<b>4 x 400 Relay</b>	In lanes at far end by throws cage, start same as 400. Exchange zone <b>BLACK LINE TO BLACK LINE</b>
<b>(5 &amp; 1/3 laps)</b>	Exchange 1 at common finish line Exchange 2 on back stretch by windows Exchange 3 at far end by throws cage- 1 and 1/3 lap to finish
<b>DMR Relay</b>	In lanes at far end by throws cage, either water fall or 1 turn in lane
<b>(13 &amp; 1/3 laps)</b>	1200 leg runs 4 laps- Exchange 1 at far end by throws cage. 400 leg runs 1 & 1/3 laps- Exchange 2 at common finish 800 leg runs 2 & 2/3 laps- Exchange 3 at far end by throws cage 1600 leg runs 5 & 1/3 laps

**CHECK IN DETAILS**

HIP # Check in table at far end behind start lines of the dashes

HIP #'s go on left hip

Check in with clerk at start line of each race start line

**SPLITS**

EACH 100 meter mark will be marked with tall ORANGE CONE.

Overall race times will be read at each 100 meter mark

Coaches/ managers can take splits/ video from north east corner balcony

Coaches taking splits in races can do 1 of 3 things

- get 300 meter split at starting line- see attached sheet for 300 meter pace chart
- get 200 meter split by walking backwards on track from previous split
- get 400 meter split by walking forward on track from previous split

Coaches/ split takers please be careful running across infield. DO NOT cross any Field Event areas( HJ, PV, Throws), In addition please be aware/ courteous of those warming up/ team camp areas.

**PLEASE INSTRUCT YOUR ATHLETES/ COACHES TO STAY COMPLETELY AWAY FROM BOTH SIDES OF THE FINISH LINE SPECIFICALLY THE FINISH LINK CAMERA AREA ON INSIDE OF TRACK.**