

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

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

