MARKINGS AT VIGILANTE STADIUM'S 10 LANE ALL WEATHER TRACK

AS SURMISED BY KYLE & PAT AFTER AUGUST 2014 RESURFACE PROJECT

THE FOLLOWING MARKS ARE FOR RACES ENDING AT THE SE CORNER:

- Finish: straight white line
- Break line (NE corner): straight green line
- 100 start: straight white line
- 110 hurdle start (boys): straight white line
- 1600, 3200 waterfall (also 10,000): white
- 1 mile waterfall, with quarter mile split markings*: white
- 1500 waterfall*: white
- 3000, 5000 waterfall*: white
- 400 start lines (2-turn stagger): white w/numbers
- 800 start lines (1-turn stagger using break line): green
- 800 start alleys (1-turn stagger using break line, 3-10 only): white
- 1600 relay start lines (3-turn stagger using break line): white
- 1600 relay exchange lines (two sets, all at the SE corner): big blue triangles

  First exchange zone is within a staggered area
  Next two exchanges are within the straight triangles

- 200 start lines: white w/numbers
- 300 hurdle start lines: white w/numbers
- 300 hurdles (8 hurdles): tiny white triangles
- 400 hurdles (10 hurdles)*: tiny green triangles
- 110 hurdles (boys - 10 hurdles): tiny blue triangles
- 100 hurdles (girls - 10 hurdles): tiny yellow triangles
- 400 relay exchange zones (three sets, around the track): big yellow triangles

  Allowable starting point for the exchanged-to runner: small yellow triangles

THE FOLLOWING MARKS ARE FOR RACES ENDING AT THE NW CORNER:

- Finish: straight white line
- 100 start (9 lanes only!): straight white line
- 110 hurdles (7 lanes only!): straight white line

OTHER NOTES FOR "TRACK SAVING" DISTANCE RUNS AND INTERVAL TRAINING:

- 3.5 laps in Lane 10 = 1610 meters, or almost exactly 1 mile
- 800 meter repeats can also be run in Lane 10, starting at the N side 110 hurdles start

*BY REQUEST OF HVR / CARROLL COLLEGE

OTHER IMPROVEMENTS THAT SHOULD BE CONSIDERED IN THE FUTURE INCLUDE:

- Lockable lane guards
- Lane 0 (warmup lane on the inside, possibly with a rail between?)
- Steeplechase pit and barriers!
- Better signage, such as how to run a set distance in an outer lane (3.5 laps, Lane 10)
- Track scheduling software / website
### Track Key (p. 2)
#### Lane Distances, and Stagger Distances for 400 m and 200 m start lines

<table>
<thead>
<tr>
<th>LANE #</th>
<th>DISTANCE (m)</th>
<th>400 m Stagger</th>
<th>200 m Stagger</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>400</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>2</td>
<td>406.67</td>
<td>6.67</td>
<td>3.33</td>
</tr>
<tr>
<td>3</td>
<td>413.33</td>
<td>13.33</td>
<td>6.67</td>
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<td>420</td>
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<td>10</td>
</tr>
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<td>13.33</td>
</tr>
<tr>
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<td>433.33</td>
<td>33.33</td>
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<tr>
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<td>20</td>
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<tr>
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<td>460</td>
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