

TRACK KEY (p. 1)
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 zones (two sets, all at the SE corner) | big blue triangles |
| first exchange zone is within a <u>staggered</u> area | |
| next two exchanges are within the <u>straight</u> 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

LANE #	DISTANCE (m)	400 m Stagger	200 m Stagger
1	400	0	0
2	406.67	6.67	3.33
3	413.33	13.33	6.67
4	420	20	10
5	426.67	26.67	13.33
6	433.33	33.33	16.67
7	440	40	20
8	446.67	46.67	23.33
9	453.33	53.33	26.67
10	460	60	30