

Carlisle HS Track & Field Event Markings & Color Codes



ALL exchange zones are now 30 meters. Runners must start between the DOT and FAR LARGE TRIANGLE. Runners can exchange the baton anywhere within that 30 meter zone.

- A. **Sprint Medley Relay (G/B)** – 100-100-200-400
- 1st Runner Starts on **Blue Stagger**
 - 2nd Runner Receives in **Blue Exchange** Zone in SE Corner
 - 3rd Runner Receives in **Blue Exchange** Zone in NE Corner
 - 4th Runner Receives in **Blue Exchange** Zone in SW Corner and Cuts at **Green Dotted Line** in SE Corner
- B. **3000 Run (G)** – 7 ½ Laps – Start at Scoreboard Waterfall
- C. **3200 Run (B)** – 8 Laps – Start at Starting Line Waterfall
- D. **4x800 Meter Relay (G/B)** – 800-800-800-800 (waterfall start)
(If Needed: 1st Runner Starts on Green Stagger & Cuts at Green Dotted Line in SE Corner & remaining legs shuffle at Start Line Between Green Triangles)
- E. **4x110m Shuttle Hurdle Relay (B)** – Start on South End – **Blue Hurdle Marks pointing NORTH**
HS Boys: 36" hurdles (3rd lowest notch)
Lanes 1-3-5-7 runners run north, lanes 2-4-6-8 runners run south *Dotted line exchange zones both ends
- 4x100m Shuttle Hurdle Relay (G)** - Start on south end – **Yellow Hurdle Marks pointing NORTH**
HS Girls: 33" hurdles (2nd lowest notch)
Lanes 1-3-5-7 runners run north, lanes 2-4-6-8 runners run south *N. end yellow line/dotted line exchange zones
- F. **100 Meter Dash (G/B)** – Start North End – Finish South End
- G. **Distance Medley Relay (G/B)** – 200-200-400-800
- 1st Runner Starts on **Blue Stagger**
 - 2nd Runner Receives in **Blue Exchange** Zone in NE Corner
 - 3rd Runner Receives in **Blue Exchange** Zone at Start Line and Cuts at **Green Dotted Line** in SE Corner
 - 4th Runner Shuffles at Start Line Between **Green** Triangles
- H. **400 Meter Dash (G/B)** – Start on **Yellow Stagger** – Lanes All the Way
- I. **4x200 Meter Relay (G/B)** – 200-200-200-200 – Lanes All the Way
- 1st Runner Starts on **WHITE Stagger**
 - 2nd Runner Receives in **WHITE Exchange** Zone in NE Corner
 - 3rd Runner Receives in **WHITE Exchange** Zone at Start Line Area
 - 4th Runner Receives in **Yellow Exchange** Zone in NE Corner
- J. **100 Meter Hurdles (G)** – Start North End at 100m start line - Hurdles on **Yellow Hurdle Marks pointing SOUTH**
HS girls: 33" hurdles (2nd lowest notch)
- K. **110 Meter High Hurdles (B)** – Start N End at 110m start line– Hurdles on **Blue Hurdle Marks pointing SOUTH**
HS Boys: 39" hurdles (4th highest notch, 1 notch from highest)
- L. **800 Meter Run (G/B)** – 2 Laps – Waterfall start (If needed start on Green Stagger & cut at SE Corner on Green dotted line)
- M. **200 Meter Dash (G/B)** – Start on **White Stagger lines** in NE Corner – Lanes All the Way
- N. **400 Meter Hurdles (G/B)** – Start on **Yellow Stagger** – Hurdles on **Green Hurdle Mark** – Lanes All the Way
HS Boys and Girls: 30" hurdles (lowest notch)
- O. **1500 Meter Run (G)** – 3 ¾ Laps - Start at **White Waterfall** in SE Corner
- P. **1600 Meter Run (B)** – 4 Laps – Start at **White Waterfall** at Start Line Area
- Q. **4x100 Meter Relay (G/B)** – 100-100-100-100 – Lanes All the Way
- 1st Runner Starts on **Yellow Stagger**, All Other Runners Receive in **Yellow Exchange Zones**
- R. **4x400 Meter Relay (G/B)** – 400-400-400-400
- 1st Runner Starts on **Blue Stagger** and Stays in Lane All the Way
 - 2nd Runner Receives in **Blue Exchange** Zone and Cuts at **Green Dotted Line** in SE Corner
 - 3rd and 4th Runners Shuffle at Starting Area Between **Green Triangles**