



60m Dash = White Line

60m Hurdles = White Line – Blue Marks (Men) Gold (Women)

200m Dash = White Line (2/3 lap)

400m Dash = White Line (1 1/3 lap)

600m Dash = Blue Line (2 Lap - 2 Turn Stagger & Cut In)

800m Run = White Line (2 2/3 Laps – Waterfall Start)

1000m Run = White Line (3 1/3 Laps – Waterfall Start)

Mile Run = White Line (5 1/3 Laps – Waterfall Start)

3000m Run = White Line (10 Laps – Waterfall Start)

5000m Run = White Line (16 2/3 Laps – Waterfall Start)

4 x 400 Relay = White Line Start (1 1/3 Laps per runner – Blue to Blue Exchange Zone)

Long Jump = 8' Wood board

Triple Jump = 32' & 40' Wood board / 28' & 36' Painted

Shot Put & Weight Throw = Cement inset circle

High Jump = Inside D zone – North End

Pole Vault = North end runway

Hip # & Spike Check Table – North End inside track

ATR – Immediately inside doors to the Dome

Team Camp – Water & Team Gear only

*Please bring a tarp(s) at your team camp for food.