

INDOOR TRACK CHEAT SHEET

INDOOR ORDER OF EVENTS

- 4 x 800 Meter Relay Finals
- 3200 Meter Run
- 55 Meter High Hurdles Finals
- 55 Meter Dash Finals
- 800 Meter Run Finals
- 4 x 200 Meter Relay Finals
- 400 Meter Dash Finals
- 1600 Meter Run Finals
- 200 Meter Dash Finals
- 4 x 400 Meter Relay Finals

RACE LENGTHS FOR 177.8 METER INDOOR TRACK – LWC

- 200 meters – $1\frac{1}{8}$ lap with staggered start in lanes entire time
- 400 meters – $2\frac{1}{4}$ laps with staggered start in lanes on white markers – 3 turn stagger – cut in 2nd time past break line on backstretch
- 800 meters – $4\frac{1}{2}$ laps starting in opposite corner from start line (turn 2 backstretch) on blue markers
- 1600 meters – 9 laps using start line
- 3200 meters – 18 laps using start line

RELAYS AND EXCHANGE ZONES – LWC

- 4 x 200 meter relay – $4\frac{1}{2}$ laps starting in opposite corner from start line – 2nd runner breaks on front stretch break line
 - Each leg runs $1\frac{1}{8}$ lap and starts $\frac{1}{8}$ lap closer to the finish line
 - Exchanges: blue to blue triangles
- 4 x 400 meter relay – 9 laps total – 1st leg breaks on the beginning of the front stretch – 2 turn stagger*
 - Each leg runs $2\frac{1}{4}$ laps and starts a $\frac{1}{4}$ closer to the finish line (leg 1 start line/yellow markers, leg 2 turn beginning of backstretch, leg 3 end of backstretch, leg 4 beginning of front stretch)
 - Exchanges: yellow to yellow triangles
- 4 x 800 meter relay – 18 laps total
 - Each leg runs $4\frac{1}{2}$ laps
 - Legs 1 and 3 begin at start line and end at opposite corner (turn 2 backstretch)
 - Legs 2 and 4 start in opposite corner (turn 2 backstretch) and end at start line
 - Exchanges: yellow to yellow triangles