## LINCOLN-WAY CENTRAL INDOOR TRACK

177.8m - 9 laps/mile

 $4 \times 800 - 4 \frac{1}{2}$  laps each

- ➤ Waterfall start by common start/finish line; cut in with room
- All exchanges yellow to yellow (1<sup>st</sup> & 3<sup>rd</sup> runners begin at start/finish line; 2<sup>nd</sup> & 4<sup>th</sup> begin at 800 start line)

**3200** – 18 laps

➤ Waterfall start by common start/finish line; cut in with room

55 hurdles – front stretch

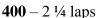
➤ Girls – yellow marks



> Start on blue ally markers @ end of backstretch; runner cut on break line at beginning of front stretch

 $4 \times 200$  – just over one lap each

- ➤ Start on solid **BLUE** line (Marked 800 start lane one is white/blue)
- **2nd runner** breaks on front stretch break line
- Exchange #1 Blue to blue
- ➤ Exchange #2 Yellow to yellow
- Exchange #3 Blue to blue



- Start on white line on front stretch
- Stay in lanes for **THREE TURNS**; cut on break line on back stretch

1600 - 9 laps

Waterfall start by common start/finish line; cut in with room

**200** – 
$$1\frac{1}{8}$$
 laps

> Start on white line in lane one; blue line for lanes two-six; in lanes all the way

 $4 \times 400 - 2 \frac{1}{4}$  laps each

- Starts on yellow line; 1<sup>st</sup> runner stays in lanes for **TWO TURNS**; cut on break line on front stretch
- ➤ All exchanges are yellow to yellow

## **Field Events**

- **High Jump** On Court 1. Will be measured in metric per IHSA rule change
- **Shot Put** 3 throws on Court 3. Will be measured in metric per IHSA rule change.
- **Long Jump**, followed by **Triple Jump** 3 jumps, no finals. 30 minute open board each.
- **Pole Vault** starting height determined at coaches' meeting

Team camps may be set up on Court 2. Please keep spikes off of the basketball courts.



