

LINCOLN-WAY CENTRAL INDOOR TRACK

177.8m – 9 laps/mile

4 x 800 – 4 ½ laps each

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

55 – front stretch

800 – 4 ½ laps

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

4 x 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

400 – 2 ¼ laps

- 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 x 400 – 2 ¼ laps each

- Starts on yellow line; 1st 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.