300 Meter Dash: Lane start; Stay in Lanes All the way. No Break Line

400 Meter Dash: Lane start; 2 turns; Break on Home Stretch

500 Meter Run: Lane start; 2 turns; Break on Back Stretch

800, 1000, 1600, 3000, 3200 and 5000 Meter Run and 1 Mile Run: Alley start; 2 turns, break on the Home Stretch.

4x 800 Relay & Distance Medley Relay: Alley start; 2 turns, 1st Runner breaks on the Home Stretch.

4 x 200 Relay: Lane start; 3 turns; 2nd Runner Breaks on the Back Stretch

4 x 400 Relay: Lane start; 2 turns; 1st Runner breaks on the Home Stretch.