

## Break Lines JDL Fast Track

**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, 1<sup>st</sup> Runner breaks on the Home Stretch.

**4 x 200 Relay:** Lane start; 3 turns; 2<sup>nd</sup> Runner Breaks on the Back Stretch

**4 x 400 Relay:** Lane start; 2 turns; 1<sup>st</sup> Runner breaks on the Home Stretch.