

Break Points JDL Fast Track

300 Meter Dash: Lane start; Stay in Lanes All the way.

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 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

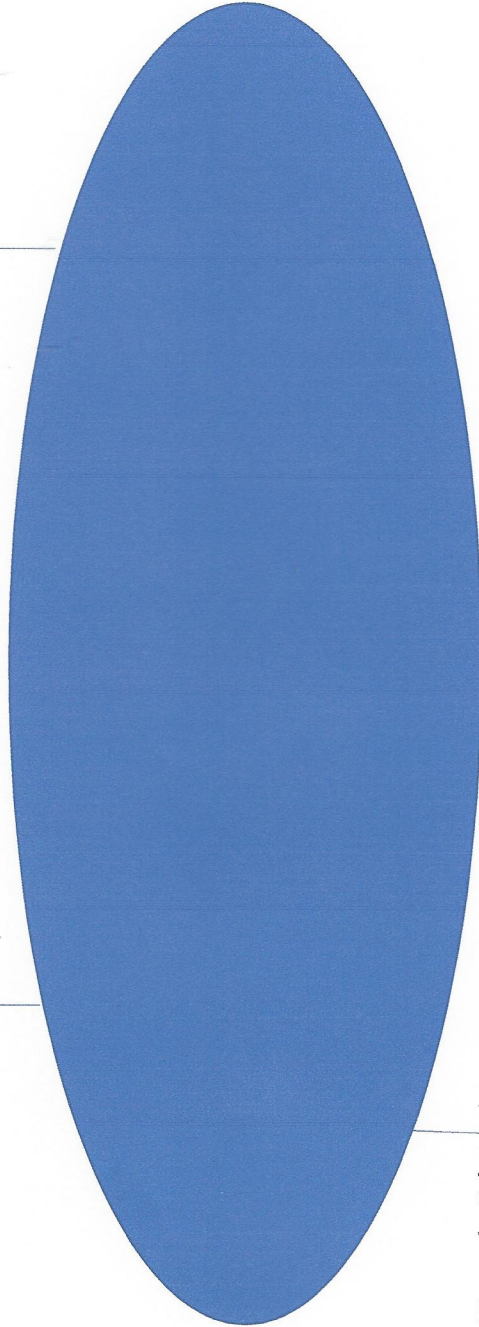
4 x 400 Relay: Lane start; 2 turns; 1st Runner breaks on the Home Stretch.

JDL Fast Track Break Lines

Break Line 2

400m, 800m, 1000m, 1600m, 3000,
3200M & 1 Mile Run; 4 x 800m Relay
& DMR 1st runner break line &
4x400m Relay 1st runner break line

Finish Line



Break Line 1

500m,, 4x 200m Relay 2nd runner break line

Note: 300m Dash is in lanes all the way