

Break Lines and Exchange Zones 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, 1st Runner breaks on the Home Stretch.

4x 800 Relay & Distance Medley Relay Exchange Zone: Blue Triangle to Blue Triangle. Exchange Zone is 20 Meters

4 x 400 Relay: Lane start **Blue Line**; 2 turns; 1st Runner breaks on the Home Stretch. Exchange Zone is 20 Meters

4x 400 Relay Exchange Zone: Blue Triangle to Blue Triangle

4 x 200 Relay: Lane start **Red Line**; 3 turns; Runner # 1 Stay in Lane All the way

1st Exchange (2nd Leg): **Small Red Triangle in your Lane to Large Red Triangle in your Lane**. 2nd Runner Breaks on the Back Stretch. Exchange Zone is 30 Meters

2nd & 3rd Exchange (3rd & 4th Leg): **Small Red Triangle with Red Line Across All Lanes of the track to Large Blue Triangle**. Exchange Zone is 30 Meters.

Relay Positioning: The competitors will be lined up according to the order of the athletes coming down the Back Stretch. Once the order is set, it does not change as they approach the exchange zone. The outgoing runner DOES NOT change position in the zone.