



2024 NCHSAA Outdoor Track and Field Championships
May 17-18, 2024
2A/4A: May 17 and 1A/3A May 18
Marcus T. Johnson Track @ Truist Stadium
North Carolina A&T University
Relay Markings and Exchange Zones

Relay Markings

4x100 Relay: All zones are Yellow to Yellow.

4x200 Relay: 1st Exchange Zone is Red to Red

2nd Exchange Zone is Red to Red

3rd Exchange Zone is Yellow to Yellow

4x400 Relay: 1st Exchange Zone is Blue Triangle to Blue Triangle

2nd & 3rd Exchange Zone is Blue Line to Blue

4x800 Relay: Blue Line to Blue Line

Hurdles Marking:

Girls 100 Meter Hurdles: Yellow Triangles

Boys 110 Meter Hurdles: Blue Triangles

300 Meter Hurdles: Red Triangles

Break Line for 800, 4x800 and 4x400: Green Line

Alley Start for 1600 and 3200-Meter Runs: White Line

800 and 4x800 Start: Green Line

4x200 Meter Start: Red Line

4x100 Meter Start: White Line

4x400 Meter Start: Blue Line

30-meter exchange zones for the 4x100 and 4x200 with Yellow and Red Triangles, respectively.
4x800 is still 20-meter zone