

## Break Lines and Exchange Zones JDL Fast Track

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

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

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

**4 x 200 Relay:** lane start; 3 turns; 2<sup>nd</sup> runner breaks on back stretch

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

**4 x 800 Relay:** Alley starts; 2 turns, 1<sup>st</sup> Runner breaks on the Home Stretch.

### **4 x 200 Relay:**

1<sup>st</sup> exchange 30 meters: **Red to Red**

2<sup>nd</sup> exchange 20 meters: **Blue to Blue**

3<sup>rd</sup> exchange 20 meters: **Blue to Blue**

### **4 x 400 Relay**

All exchanges 20 meters: **Blue to Blue**

### **4 x 800 Relay:**

All exchanges 20 meters: **Blue to Blue**