

# MUKWONAGO TRACK MARKINGS

EVENT	LAPS	START	CUT DOWN	EXCHANGE	COMMENTS
100m DASH	N/A	COMMON SPRINT	N/A	N/A	WHITE SPRINT LANES
100m HURDLES	N/A	COMMON SPRINT	N/A	N/A	WHITE SPRINT LANES <b>YELLOW</b> HURDLE MARKS
110m HURDLES	N/A	COMMON SPRINT	N/A	N/A	WHITE SPRINT LANES <b>BLUE</b> HURDLE MARKS
300m HURDLES	N/A	COMMON SPRINT	N/A	N/A	WHITE SPRINT LANES <b>RED</b> HURDLE MARKS
200m DASH	N/A	WHITE STAGGER (1 TURN)	ENTIRE RACE IN LANES	N/A	
400m DASH	1	WHITE LINE STAGGER (2 TURN)	ENTIRE RACE IN LANES	N/A	
800m RUN	2	*COMMON WATERFALL ** <b>GREEN</b> STAGGER (1 TURN) ALLEY (RED)	*IMMEDIATE (WATERFALL) **AFTER 1ST TURN (SE CORNER) <b>GREEN</b> DOTTED LINE- LANES/ALLEY	N/A	GIVE SPLITS LAPS & BELL
1500m RUN	3.75	COMMON WATERFALL SE CORNER (WHITE)	IMMEDIATE	N/A	GIVE SPLITS LAPS & BELL
1600m RUN	4	COMMON WATERFALL	IMMEDIATE	N/A	GIVE SPLITS LAPS & BELL
3200m RUN	8	COMMON WATERFALL	IMMEDIATE	N/A	GIVE SPLITS LAPS & BELL
5000m RUN	12.5	COMMON WATERFALL	IMMEDIATE	N/A	GIVE SPLITS & BELL
4 X 100 RELAY	1	WHITE LINE STAGGER (2 TURN)	ENTIRE RACE IN LANES	ALL EXCHANGE YELLOW TRIANGLE TO YELLOW TRIANGLE	
4 X 200 RELAY	2	RED LINE STAGGER (4 TURN)	ENTIRE RACE IN LANES	1ST & 2ND EXCHANGE RED TO RED LAST EXCHANGE YELLOW TO YELLOW	
4 X 400 RELAY	4	BLUE LINE STAGGER (3 TURN)	AFTER 3RD TURN <b>GREEN</b> DOTTED LINE NW CORNER	BLUE TRIANGLE TO BLUE TRIANGLE	BELL
4 X 800 RELAY	8	*COMMON WATERFALL ** <b>GREEN</b> STAGGER (1 TURN) ALLEY <b>RED</b>	*IMMEDIATE (WATERFALL) **AFTER 1ST TURN (SE CORNER) <b>GREEN</b> DOTTED LINE- LANES/ALLEY	BLUE TRIANGLE TO BLUE TRIANGLE	BELL
DMR (1200,400,800,1600)	10	COMMON WATERFALL	IMMEDIATE	WHITE LINE TO WHITE LINE	BELL
1600 MEDLEY (200,200,400,800)	4	RED LINE STAGGER (4 TURN)	AFTER 4TH TURN IMMEDIATE CUT ON EXCHANGE BETWEEN 400-800	RED TO RED, RED TO RED, BLUE TO BLUE, THEN CUT	BELL
800 SPRINT MEDLEY (100,100,200,400)	2	WHITE LINE STAGGER (2 TURN)	ENTIRE RACE IN LANES	YELLOW TO YELLOW, YELLOW TO YELLOW, BLUE TO BLUE	