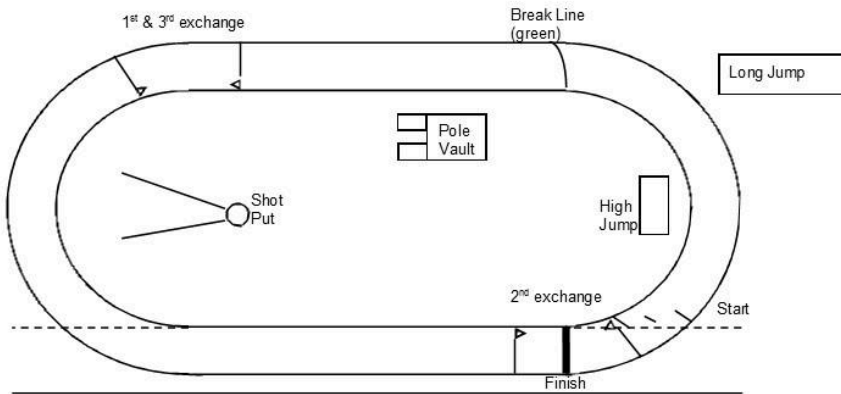




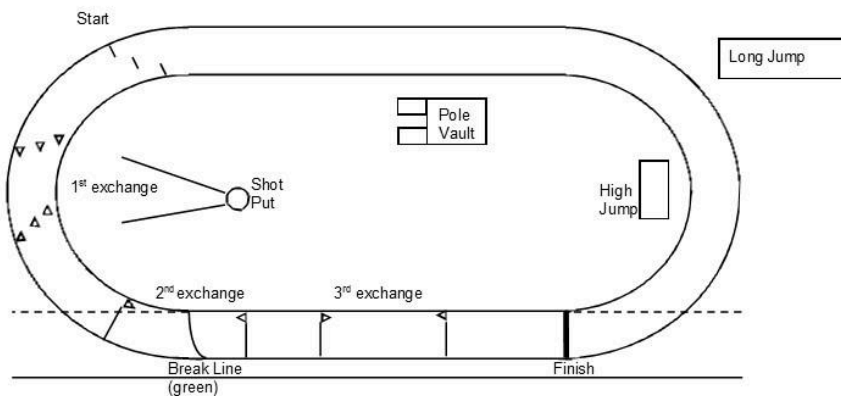
Tiger Girls Track & Field

Relay Exchange Zones



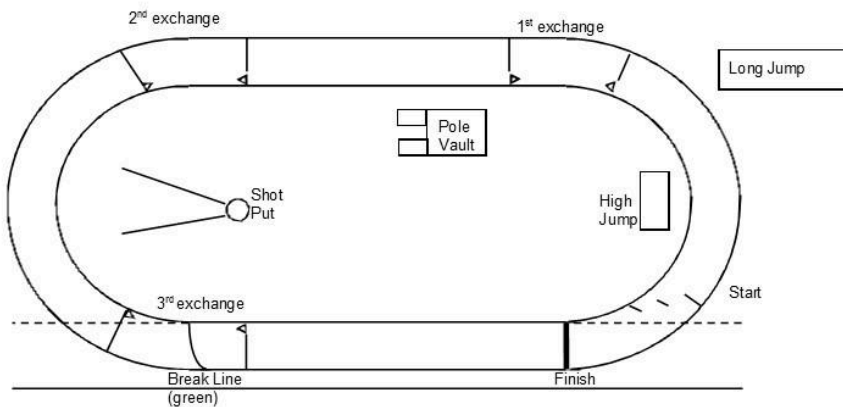
4 x 800 Meter Relay

- Each runner runs 4 1/2 laps.
- #1 runner stays in their lane until the green break line.
- All exchanges are Red.



4 x 200 Meter Relay

- Each runner runs slightly more than 1 lap.
- #1 runner stays in their lane.
- 1st exchange is Orange triangles.
- #2 runner stays in their lane until the green break line.
- 2nd exchange is Gray.
- 3rd exchange is Orange.



4 x 400 Meter Relay

- Each runner runs 2 1/4 laps.
- #1 runner (2 turn stagger) stays in their lane until the green break line.
- 1st exchange is Gray.
- 2nd exchange is Red.
- 3rd exchange is Gray.

Wheaton Warrenville South High School

Tiger Girls Cross Country and Track & Field

1993 Tiger Trail

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