



Tiger Track & Field

Clerk's and Starters "Cheat Sheet"

4 x 800 Meter Relay

Common Waterfall Start | Double Waterfall (5-9) | Green Starting Line (One-Curve)

- Orange Dashed 3-Meter Step-Up Line
- Break Line -- Green Dashed Line on Backstretch
- Double Waterfall (5-9) -- Green Dashed Line for the Lane 5 to Breakline
- Exchange Zone -- Green to Green

4 x 100 Meter Relay

Starting Line -- White

- 30 Meter Exchange Zones
- All Exchanges - Orange to Orange Triangles

3200 Meters

Common Waterfall Start | Double Waterfall (5-9) | Green Starting Line (One-Curve)

- Orange Dashed 3-Meter Step-Up Line
- Break Line -- Green Dashed Line on Backstretch
- Double Waterfall (5-9) -- Green Dashed Line for the Lane 5 to Breakline

100 | 110 Meter Hurdles

South to North (Preferred)

- Boys Hurdle Marks -- Blue Dashed Lines
- Girls Hurdle Marks -- Yellow Dashed Lines

North to South

- Boys Hurdle Marks -- Blue Triangles
- Girls Hurdle Marks -- Yellow Triangles

100 Meters

South to North (Preferred)

- White Starting Line

North to South

- White Starting Line

800 Meters

Common Waterfall Start | Double Waterfall (5-9) | Green Starting Line (One-Curve)

- Orange Dashed 3-Meter Step-Up Line
- Break Line - Green Dashed Line on Backstretch
- Double Waterfall (5-9) - Green Dashed Line for the Lane 5 to Breakline

4 x 200 Meter Relay

Starting Line -- Red

- 30 Meter Exchange Zones
- #1 and #2 Exchanges -- Red to Red Triangles
- #3 Exchange -- Orange to Orange Triangles

400 Meters

Starting Line -- White

300 Meter Hurdles

Starting Line -- White

- Boys Hurdle Marks -- Red Dashed Lines
- Girls Hurdle Marks -- Red Dashed Lines

1600 Meters

Common Waterfall Start | Double Waterfall (5-9) | Green Starting Line (One-Curve)

- Break Line -- Green Dashed Line on Backstretch
- Double Waterfall (5-9) -- Green Dashed Line for the Lane 5 to Breakline

200 Meters

West to East (Preferred)

- Starting Line -- White Starting

East to West

- Starting Line -- White Starting (NOT GREEN)

4 x 400 Meter Relay

Starting Line -- Blue

- Three-Turn Stagger
- #1 Runner -- Stays in Lane for Two-Turns
- #2 Runner -- Receives Baton in Their Lane -- Blue to Blue Triangles
- #2 Runner -- Break Line -- Green Dashed Line on Backstretch
- #3 and #4 Runners -- Green to Green Triangles

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Tiger Boys Track & Field

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