

## **FINDLAY HS TRACK - HIGH SCHOOL TRACK MARKINGS:**

1. Girls 4x800-Meter Relay – Waterfall (3200M) or 400 White with break @ homestretch  
Exchange Zones: Light Blue (same as 2nd & 3rd exchanges for 4x400)
2. Boys 4x800-Meter Relay – Waterfall (3200M) or 400 White with break @ homestretch  
Exchange Zones: Light Blue (same as 2nd & 3rd exchanges for 4x400)
3. Girls 100-Meter Hurdles – Yellow markings, 1 hole showing (33")
4. Boys 110-Meter Hurdles – Light Blue markings, 3 holes showing (39"); **MOVE BACK**
5. Girls 100-Meter Dash – White start
6. Boys 100-Meter Dash – White start
7. Girls 4x200-Meter Relay – Black start; Exchange Zones: Black, Black, Yellow
8. Boys 4x200-Meter Relay – Black start; Exchange Zones: Black, Black, Yellow
9. Girls 1600-Meter Run – Waterfall (1600M) or Green with break @ backstretch
10. Boys 1600-Meter Run – Waterfall (1600M) or Green with break @ backstretch
11. Girls 4x100-Meter Relay – White start; yellow exchange zones
12. Boys 4x100-Meter Relay – White start; yellow exchange zones
13. Girls 400-Meter Dash – White start
14. Boys 400-Meter Dash – White start
15. Girls 300-Meter Hurdles – White markings; lowest setting (30")
16. Boys 300-Meter Hurdles – White markings; 2 holes showing (36")
17. Girls 800-Meter Run – Waterfall (800M) or 400 White with break @ homestretch
18. Boys 800-Meter Run – Waterfall (800M) or 400 White with break @ homestretch
19. Girls 200-Meter Dash – White start (note time for 20-minute requirement)
20. Boys 200-Meter Dash – White start
21. Girls 3200-Meter Run – Waterfall (3200M) or Green with break @ backstretch
22. Boys 3200-Meter Run – Waterfall (3200M) or Green with break @ backstretch
23. Girls 4x400-Meter Relay – Light Blue start; #2 Runner break at Green line @ backstretch  
Exchanges: Light Blue triangles; #2 Runners staggered; #3 & #4 stacked
24. Boys 4x400-Meter Relay – Light Blue start; #2 Runner break at Green line @ backstretch  
Exchanges: Light Blue triangles; #2 Runners staggered; #3 & #4 stacked