



2022 GHS A Track Markings Requirements

With the addition of the 4x200 Meter Relay for the 2022 season, the GHS A will require the following track markings for the 4x200 Meter Relay and the 4x800 Meter Relay. These will be required for all Area/Region, Sectional, and State Meet competition.

4x200 Meter Relay: four-turn stagger with runners running in their lanes the ENTIRE RACE.

Many (most?) tracks will need to have these start & exchange zone markings added to their tracks for the 2022 season.

4x800 Meter Relay: A “dual-alley” start, as illustrated below.

Since many (most?) tracks will need to add the 4x200 Meter Relay start & exchange zone markings to their tracks in preparation for the 2022 season, they should also add the markings for a “dual-alley” start for the 4x800 Meter relay as illustrated below:

Dual-alley start – A type of start commonly used in large distance races where there are two waterfall starts: One standard, and a second farther down the track that is spread over the outside half of the lanes. Runners in the outside alley may break only to the middle of the track, designated by cones, until completing the first turn, at which time the runners on the outside may break toward the inside lanes where the runners who started from the full waterfall have already moved.

