

Instructions for Running Races

Event	Notes
110 M Hurdles - Varsity Boys	All runners stay in lane for entire race.
100 M Hurdles - Varsity Girls	All runners stay in lane for entire race.
100 M Dash	All runners stay in lane for entire race.
1600 M Run*	Runners must remain within their assigned alley until they pass the breakline, located after the first turn. After the first turn, athletes may move toward the inside lane (lane 1), but must do so safely without interfering with others.
4x200 M Relay	All runners stay in lane for entire race.
4x100 M Relay	All runners stay in lane for entire race.
400 M Dash	All runners stay in lane for entire race.
200 M Dash	All runners stay in lane for entire race.
800 M Run*	Runners must remain within their assigned alley until they pass the breakline, located after the first turn. After the first turn, athletes may move toward the inside lane (lane 1), but must do so safely without interfering with others.
800 M Medley Relay - JV only	Runners 1-3 stay in lanes. After the first turn, Runner 4 may move toward the inside lane (lane 1), but must do so safely without interfering with others.
4x400 M Relay - Varsity only	Runner 1 stays in their lane. After the first turn, Runner 2 may move toward the inside lane (lane 1), but must do so safely without interfering with others. Use start line for 3-turn stagger.