

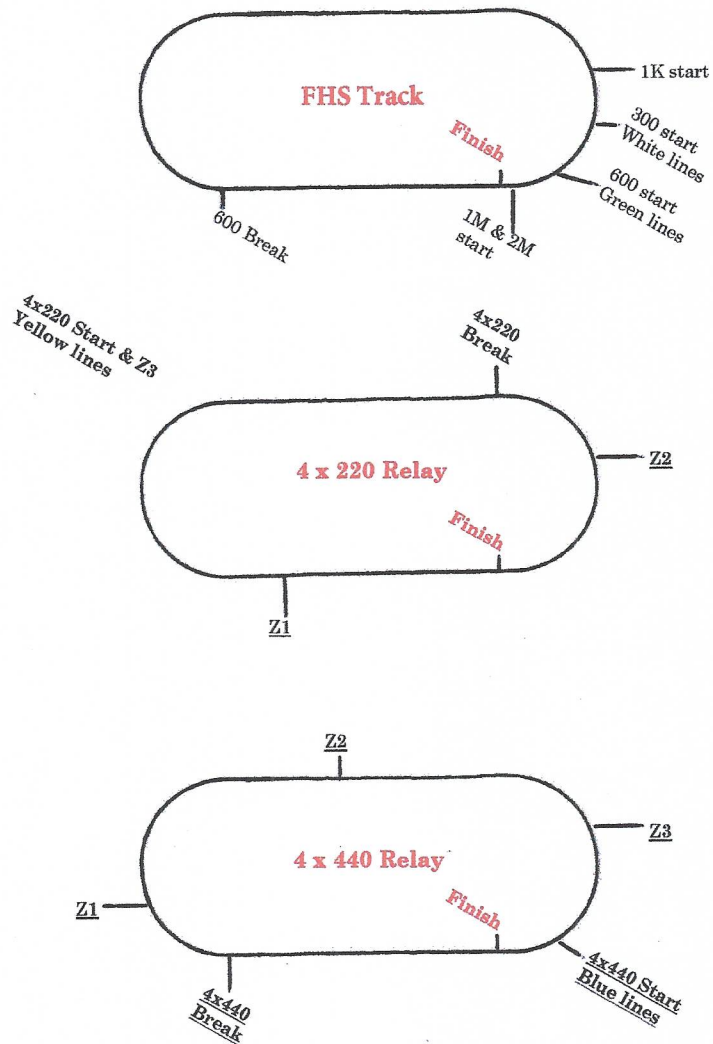
FITCHBURG INDOOR TRACK SPECIFICATIONS

(1 Lap = 160 Yards) 146.3 m

<u>Event</u>	<u>Code</u>	<u>Color</u>
300 M Starts (Race is Run in Lanes - 2+ Laps)	- A -	White
600 M Starts (4+ Laps)	- B -	Green
1000 M Starts (6.75 Laps)	- C -	Green
4x220 Starts (5.5 Laps)	- D -	Yellow
4x440 Starts (11 Laps - 2.75/Runner)	- E -	Blue
4x880 Starts (22 Laps - 5.5/Runner)	- F -	White
1 Mile/2 Mile Starts (11 Laps/22 Laps)	- H -	Yellow/Blue
4x220 Zone Start	- I -	Yellow/Blue
4x220 Zone End	- J -	Yellow/Blue
4x440 Zone Start	- K -	Yellow/Blue
4x440 Zone End	- L -	Yellow
4x880 Zone Start	- M -	Green
4x880 Zone End	- N -	Blue Triangles
Break Line (4x220)	- O -	Yellow Triangles
Break Line (600, 1000, 4x440)	- P -	White
55 M HH Men's	- Q -	White
55 M HH Women's	- R -	White
Common Finish		
55 M Start		
55 M Finish		

Fitchburg Indoor Track Spec

Event	Laps
300	2 laps run in lanes. White lines to start
600	4 laps run in lanes, break after 2 nd turn. Green lines.
1000	6+ laps
Mile	11 laps
2 Mile	22 laps
55M Hurdles	
55M Dash	
4 x 220	1+ laps per leg. Yellow lines in lanes. 1 st leg in lanes, 2 nd leg break after 1 st turn
4 x 440	2+ laps per leg. Blue lines in lanes. 1 st leg break after 2 nd turn



BREAK LINE
(4X220)

1 TURN
1000 M
START

300M
START

4X880, 4X440
ZONE
START 2 (Blue)
END 3
4X220
ZONE

4X880
4X440
ZONE
START 3
(Yellow/Blue)

4X880
4X440
ZONE
START 2
(Yellow/Blue)

32 3088 M 106.00

RADIUS TO PAINT:
12.801 M 42.00

TO MEASURE:
13.001 M 42.66
LANE WIDTH
1.067 M 3.50

FITCHBURG

HIGH SCHOOL

1 MILE & 2 MILE
START

LONG JUMP
PIT

1 TURN
4x220 YD
START

4X220
ZONE
START 3 (Yellow)

4X880
4X440
ZONE
END 2 (Blue)

4X880
4X440
ZONE
START 1 (Blue)

4X220
ZONE
END 3 (Yellow)

BREAK (Yellow)
LINE 4X220
(600 M, 1000 M, ZONE
4X440 YD) START 1 END 1

4X880
4X440
ZONE
END 1 (Blue)

4X220
ZONE
END 1 (Yellow)

GA 2

GA 2

GA 2

GA 2

GA 2

55 M
FINISH

MEN'S
H 5

WOMEN'S
H 5

COMMON
FINISH

MEN'S
H 4

WOMEN'S
H 4

MEN'S
H 3

WOMEN'S
H 3

MEN'S
H 2

WOMEN'S
H 2

MEN'S
H 1

WOMEN'S
H 1

55 M
START

2 TURN
4x440 YD
START