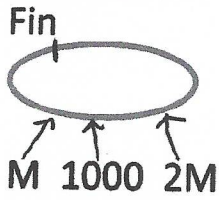
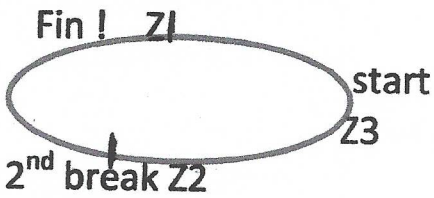


Wachusett

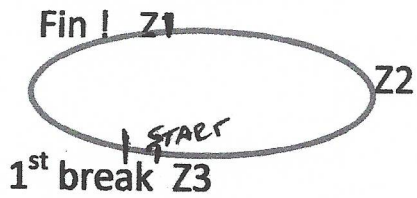


- 2 mile – 21+ laps
- Hurdles & dash
- Mile – 10.75 laps
- 600 – <4 laps (green)
- 300 – <2 laps (white)
- 1000 – 6 2/3 laps (blue)

4x220 – leg= 1 1/3 laps
Start & zones – red



4x440 – leg 2 2/3 laps
Start & zones – blue
Start at 1000M



Indoor Track and Field Midland Wachusett Facility Lap Counter

2 Mile	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1

Mile	11	10	9	8	7	6	5	4	3	2	1
	11	10	9	8	7	6	5	4	3	2	1
	11	10	9	8	7	6	5	4	3	2	1
	11	10	9	8	7	6	5	4	3	2	1
	11	10	9	8	7	6	5	4	3	2	1
	11	10	9	8	7	6	5	4	3	2	1
	11	10	9	8	7	6	5	4	3	2	1
	11	10	9	8	7	6	5	4	3	2	1
	11	10	9	8	7	6	5	4	3	2	1
	11	10	9	8	7	6	5	4	3	2	1
	11	10	9	8	7	6	5	4	3	2	1

1000m	7	6	5	4	3	2	1
	7	6	5	4	3	2	1
	7	6	5	4	3	2	1
	7	6	5	4	3	2	1
	7	6	5	4	3	2	1
	7	6	5	4	3	2	1
	7	6	5	4	3	2	1
	7	6	5	4	3	2	1
	7	6	5	4	3	2	1
	7	6	5	4	3	2	1
	7	6	5	4	3	2	1

Key: 2 Mile - 21+ laps
 Mile - 10 + laps
 1000m - 6+ laps
 800m - 5+ laps
 600m - 4 laps
 400m - 2+ laps
 300m - 2 laps
 200m - 1+ laps

WRHS Track = 150 meters

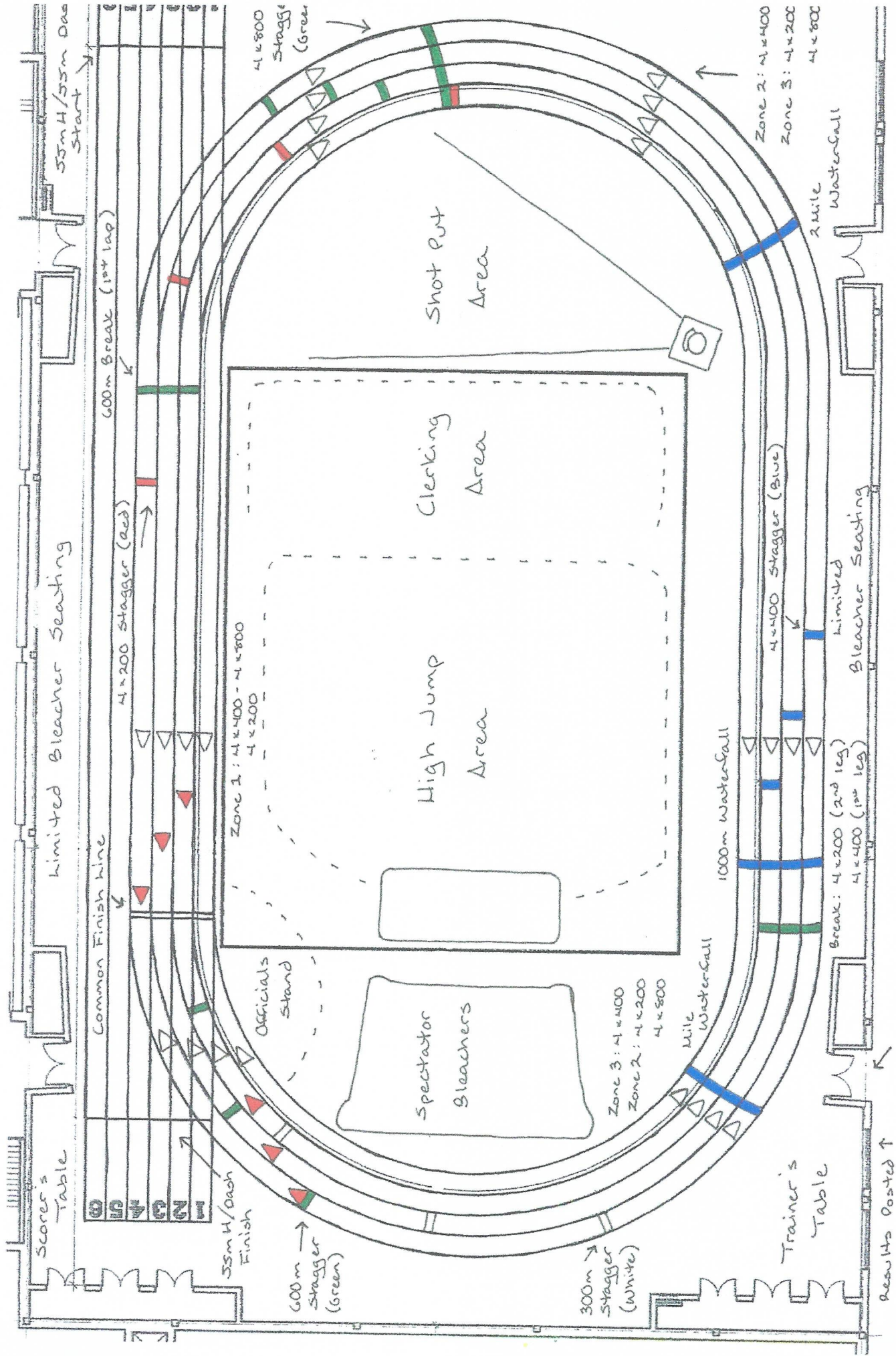
Key: 2 Mile - 22 laps
 Mile - 11 laps
 1000m - 6+ laps
 800m - 5+ laps
 600m - 4 laps
 400m - 2+ laps
 300m - 2 laps
 200m - 1+ laps

FHS Track = 165 yards

Key: 2 Mile - 21+ laps
 Mile - 10 + laps
 1000m - 6+ laps
 800m - 5+ laps
 600m - 4 laps
 400m - 2+ laps
 300m - 2 laps
 200m - 1+ laps

SHS Track = 152+ meters

Wachusett Regional High School Indoor Track Facility



★ Do Not Use These Doors During Relays

Cafeteria

Main Staircase