

Marlborough High School Indoor Track Specifications, Jan. 2022

Four lanes on the oval.

Six lanes on the straight

Approximately 118m in lane 1.

Oval races have a common finish line that is White.

Straightaway races finish line is Black.

Race	Start Line	Laps	Notes
40m dash			
40m H			3 hurdles
55m and 55H not contested.			Straightaway is not long enough
300m	Blue	2+	In lanes the whole time
600m	Yellow	5*	<p>Lanes 1 &amp; 2 run five laps plus a little. Start lines for lanes 3 &amp; 4 are the other side of the finish line, so they run 4+.</p> <p>Lanes 2-4 run two turns in lanes, then break at the Black and White Break Line</p> <p>The track is lined to run the whole race in lanes, too, if desired.</p>
1km	Blue	8+	
1 mile	Black	13+	
2 miles	Yellow	27+	
4x400m relay	Black	3+ laps per runner	<p>Leg 1 run three turns in lanes, then break at the Black and White Break Line.</p> <p>20m Exchange zones</p> <p>Exchange Zone 1 Black triangles Exchange Zone 2 Blue Triangles Exchange Zone 3 Yellow Triangles</p>
4x200m Relay		1+ laps per runner (almost two laps)	<p>Race start and exchange zones are measured and marked in marker on the inside lane line on the track.</p> <p>Leg 1 run in lanes. First exchange in lanes.</p> <p>Leg 2 run two turns in lanes, then break.</p> <p>Exchange Zone 1 labeled in marker on the inside lane line. Exchange Zone 2 Yellow Triangles Exchange Zone 3 labeled in marker on the inside lane line.</p>