

MDU Resources Community Bowl Track Markings

EVENT	START	FINISH	STAGGER
100m	White	White	-
200m	White	White	-
400m	White	White	-
800m	Green	White	One Turn
1600m	Green	White	One Turn
3200m	Green	White	One Turn

HURDLES	START	FINISH	HURDLE MARK
100m Hurdles	White	White	Yellow
110m Hurdles	White	White	Blue
300m Hurdles	White	White	Black

RELAY	START	FINISH	STAGGER	START OF ZONE	END OF ZONE
4 x 100m	White	White	-	First Yellow Triangle	Last Yellow Triangle
*Lane One is half Black and Half Yellow Triangle					

RELAY	START	FINISH	STAGGER		START OF ZONE	END OF ZONE
4 x 200m	Black	White	4 Turn	1 st & 2 nd Exchange	First Black Triangle	Last Black Triangle
				Anchor Exchange	First Yellow Triangle	Last Yellow Triangle
*Anchor Leg in lane one is half Black and half Yellow Triangle						

RELAY	START	FINISH	STAGGER	EXCHANGE
4 x 400m	Blue	White	3 Turn	First Big Blue Triangle
			2 nd and 3 rd Exchange	Line of Big Blue Triangles
*2 nd leg cuts in after one turn on Green Break Line				

RELAY	START	FINISH	STAGGER	EXCHANGE
4 x 800m	Green	White	1 Turn	Line of Big Blue Triangles
*1 st Leg cuts in after one turn on Green Break Line				

Break Line on backstretch for 800-1600-3200-4x400-4x800 is GREEN
