



Layout of 1-turn staggers

(In 2020, races starting at 1-turn are 800m run, 1600m run, 3200m run and 4 x 800m Relay)

- At common finish of lane 2, measure forward 3.35m. Paint green start line
- At common finish of lane 3, measure forward 6.7m. Paint green start line
- At common finish of lane 4, measure forward 10.05m. Paint green start line
- At common finish of lane 5, measure forward 13.4m. Paint green start line
- At common finish of lane 6, measure forward 16.75m. Paint green start line
- At common finish of lane 7, measure forward 20.1m. Paint green start line
- At common finish of lane 8, measure forward 23.45m. Paint green start line

Next you need to make a 2-lane waterfall (dotted green line) starting in lanes 1, 3, 5 and 7 at the green start lines

2-turn stagger will be for the 400m run and 4 x 100m relay

Starting after the State Track and Field Finals in 2019, McDonald Track Painting will be available to hire to paint the 1-turn staggers on your track. E-mail mcdonaldtrackpainting@yahoo.com or call 517-531-3118

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