

## Starts and Exchange Zones

<u>1600:</u>	Green line start One turn stagger into lane one
<u>4 x 100 :</u>	Batons Lanes White line start Yellow to yellow exchange zones
<u>4 x 200 :</u>	Batons Lanes Red line start 1 to 2-red to red exchange zones 2 to 3 and 3 to 4 Yellow to yellow exchange zones
<u>800:</u>	Green line start Two turn stagger into lane one
<u>4 x 400:</u>	Batons Lanes Blue Line Start 1 <sup>st</sup> exchange-blue to blue with one turn and cut-line Blue to blue California exchange for 2 <sup>nd</sup> and 3 <sup>rd</sup> Exchange
<u>Boys HJ:</u>	Start 4' 2" up by 2" until 4' 6" then by 1"
<u>Girls HJ:</u>	Start 3' 8" up by 2" until 4' then by 1"
<u>Long Jump:</u>	3 Jumps Open pit for both boys and girls from 4:15 p.m. until 5:15 p.m.
<u>Shot/Disc:</u>	3 Throws (2-1 format)