

Parking Lot

*Each starting box is 8' wide by 36' deep.

*Upon arrival to starting boxes, runners should go to their **coach assigned X** and remain stationary.

| | | | | | | | |
|--------------------------|-----------|----|----|----|----|----|----|
| 36' back from start line | Runner #7 | X | X | X | X | X | X |
| 30' back from start line | Runner #6 | X | X | X | X | X | X |
| 24' back from start line | Runner #5 | X | X | X | X | X | X |
| 18' back from start line | Runner #4 | X | X | X | X | X | X |
| 12' back from start line | Runner #3 | X | X | X | X | X | X |
| 6' back from start line | Runner #2 | X | X | X | X | X | X |
| Start Line | Runner #1 | X | X | X | X | X | X |
| | | 8' | 8' | 8' | 8' | 8' | 8' |

Starting Box # 1 2 3 4 5 6