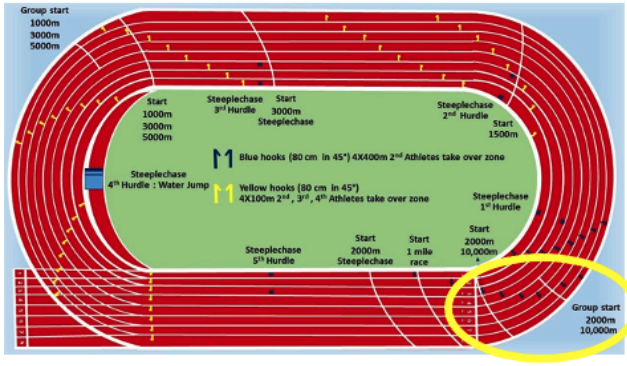
GHSA Track Markings Requirements

With the addition of the 4x200 Meter Relay for the 2022 season, the GHSA now requires the following track markings for the 4x200 Meter Relay and the 4x800 Meter Relay. These will be required for all Region, Sectional, and State Meet competition.

4x200 Meter Relay: four-turn stagger with runners running in their lanes the ENTIRE RACE.

Dual-alley start – A type of start commonly used in large distance races where there are two waterfall starts: One standard, and a second farther down the track that is spread over the outside half of the lanes. Runners in the outside alley may break only to the middle of the track, designated by cones, until completing the first turn, at which time the runners on the outside may break toward the inside lanes where the runners who started from the full waterfall have already moved.





Most tracks have already added these start & exchange zones to their tracks.

4x800 Meter Relay: A “dual-alley” start, as illustrated below.