

Start Line: 110m HH

Start Line: 100m, HH

Start Line:  
1600m Run  
(double waterfall)

Start line  
(black):  
4x100  
1600 SMR

Start Line:  
400m Dash  
4x400m Relay

Breakline:  
800m Run  
4x200m Relay  
3200(double waterfall)  
1600(double waterfall)

Start Line  
(yellow):  
4x200m Relay

STANDS

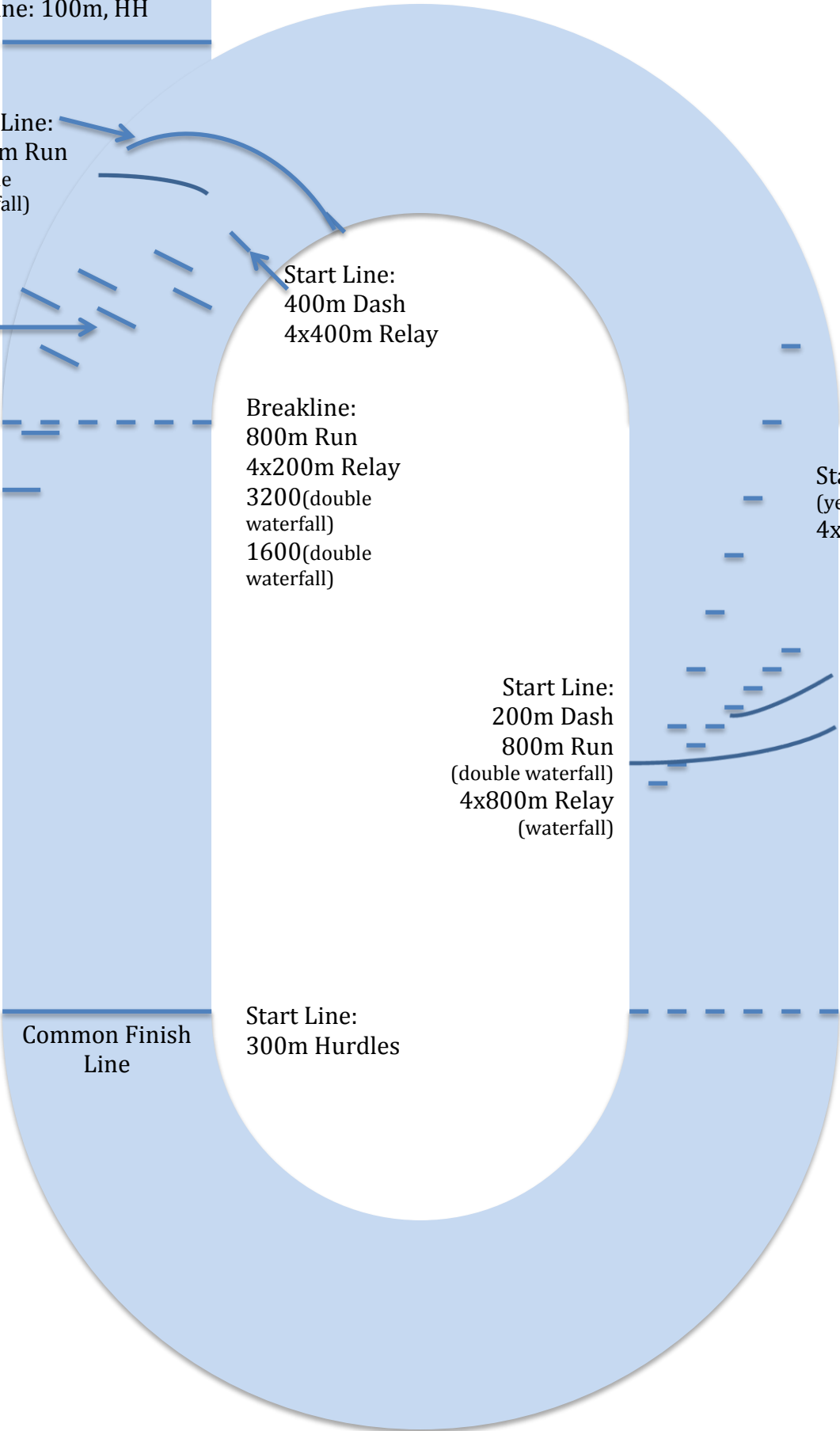
Start Line:  
200m Dash  
800m Run  
(double waterfall)  
4x800m Relay  
(waterfall)

Start Line:  
3200m Run  
(double waterfall)

Common Finish  
Line

Start Line:  
300m Hurdles

Breakline:  
400m Dash  
4x400m Relay



EXCHANGE ZONES

(Fly)  
**Zone 2:**  
4x200  
**Zone 3:**  
4x100

(Non-Staggered)  
**Zone 2:**  
4x800  
**Zone 3:**  
4x400

(Fly)  
**Zone 1:**  
1600 SMR  
**Zone 2:**  
4x100

(Non-Staggered)  
**Zone 2:**  
4x400  
**Zone 3:**  
4x200  
4x800  
1600 SMR

(Non-Staggered)  
**Zone 1:**  
4x800  
4x400  
**Zone 2:**  
1600 SMR

STANDS

Common Finish Line

(Fly)  
**Zone 1:**  
4x100  
4x200

