



RELAY Track Markings – Grass track

RELAY	RUNNER	LOCATION	MARK	
4 x 100m	1	400m start	Solid Black line	
	2	300m mark	Yellow zone with tick	
	3	200m mark	Yellow zone with tick	
	4	100m mark	Yellow zone with tick	
4 x Medley	1 (200m)	4 x 400m start	Blue & White line	
	2 (200m)	200m mark	Blue zone with tick (in lanes)	
	3 (400m)	At finish line	Blue zone with tick (in lanes)	
	Breakline	Start of back straight	Black line & blue cones	
	4 (800m)	At finish line	Blue zone (across all lanes)	
SWEDISH	1 (100m)	200m start	Solid black line	
	2 (300m)	100m	Yellow zone with tick	
	Breakline	Start front straight	Black line & blue cones	
	3 (200m)	200m mark	Yellow line lane 1, extended by blue line (4x100 change 2 in lane 1)	
	4 (400m)	At finish line	Blue zone (across all lanes)	
4 x 200m	1	4 x 200m start	Pink and white line	
ALL IN LANES	2	200m mark	Pink zone	
	3	At finish line	Pink zone	
	4	200m mark	Yellow zone with ticks (4 x 100 change 2 in all lanes)	