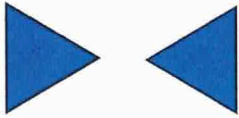
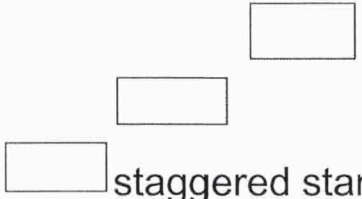


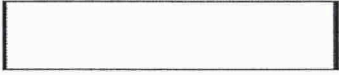
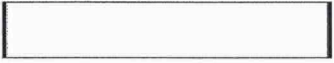





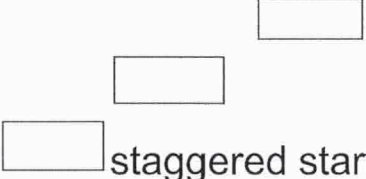
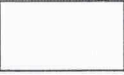
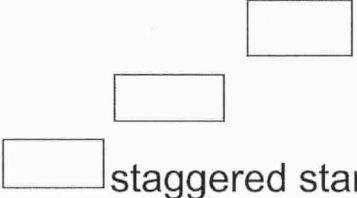

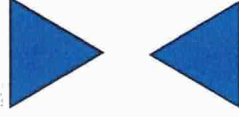



Event Color Marking	Event	Start Line
 Exchange Zones	4 x 800m Relay aka 3200m Relay & 800m Run - cut after 300m at the cones at the beginning of the homestretch	 staggered start
 female  male	100m Hurdles - Female - up 1 notch 110m Hurdles - Male - up 3 notches Start at beginning of homestretch	
	100m Dash Start at beginning of homestretch	
 1st 2 exchanges  3rd exchange	4 x 200m Relay aka 800m Relay	 staggered start
	1600m Run & 3200m Run cut after 100m at the cones on the backstretch	 staggered start
 Exchange Zones	4 x 100m Relay aka 400m Relay & 400m Dash - same start line	 staggered start
 female and male	300m Hurdles - Female - all down 300m Hurdles - male - up 2 notches Start on beginning of backstretch	 staggered start
	200m Dash Start at opp corner of finish	
 Exchange Zones	4 x 400m Relay aka 1600m Relay 2nd runner cuts in after 100m at the cones on the backstretch	 staggered start