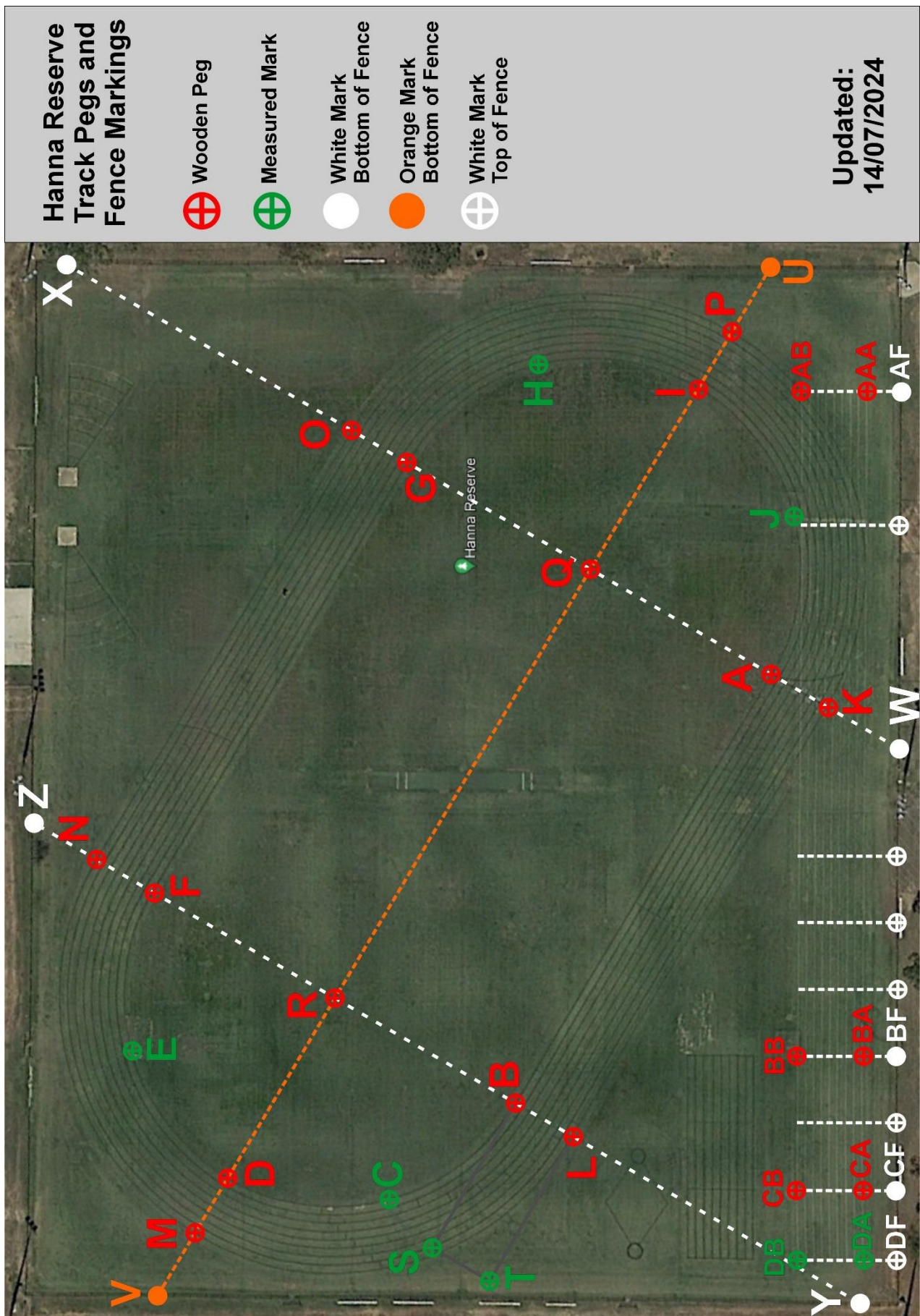
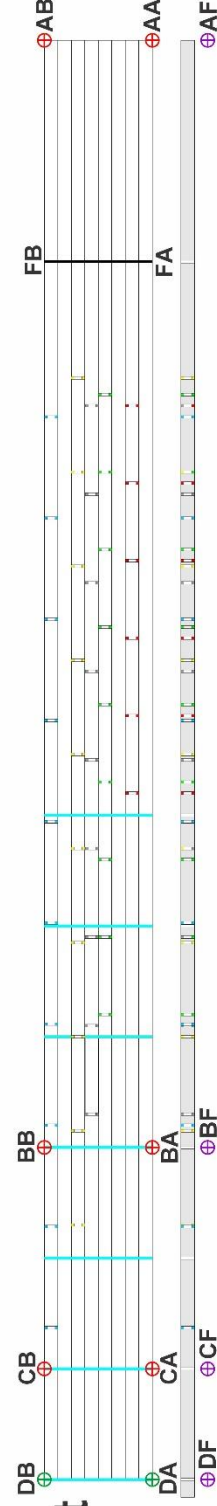
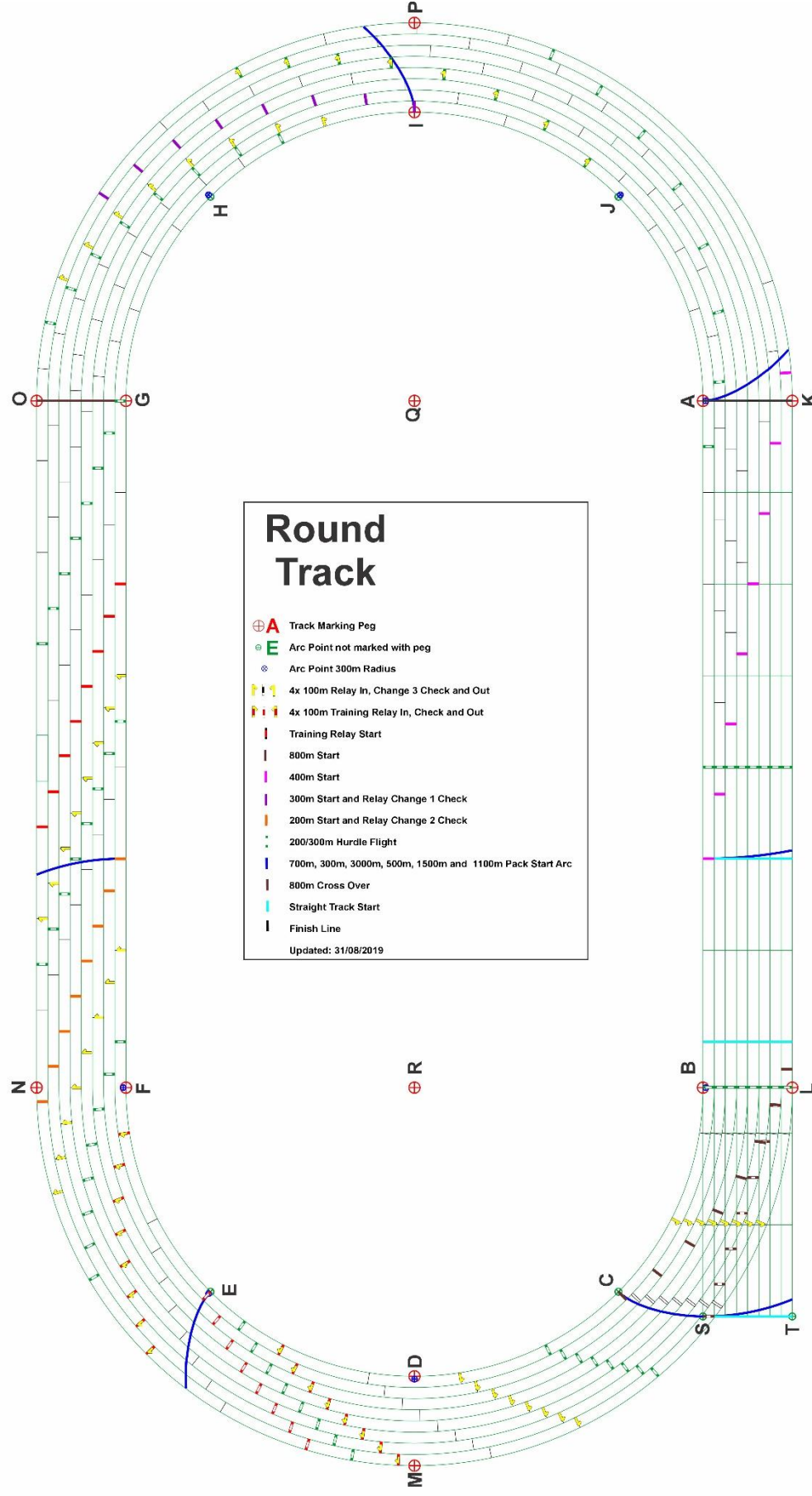


# MDLAC Hanna Reserve Track Markings



**Updated: 13/11/2024**

# Hanna Reserve Track Markings



## Fence Hurdle Marks

## MDLAC Hanna Reserve: Front Straight

	200m 300m 400m Hurdles Flight 1		400m Starts				50m Sprint Start		70m Sprint Start	
Track Sector	Front Straight Before A									
Measured From	A-K Line									
Line 1	40.00m	Out	50.00m	Out			50.00m	Out	70.00m	Out
Line 2			42.96m	Out	50.00m	In				
Line 3			35.30m	Out	42.96m	In				
Line 4			27.63m	Out	35.30m	In				
Line 5			19.97m	Out	27.63m	In				
Line 6			12.30m	Out	19.97m	In				
Line 7			4.63m	Out	12.30m	In				
Line 8			4.63m	In						
Line 9	40.00m	In					50.00m	In	70.00m	In

Marks “Before a Peg” are clockwise from the peg, against the running direction.

Marks “After a Peg” anticlockwise from the peg, with the running direction.

“In Marks” are on the side of a line pointing to the inside of the track.

“Out Marks” are on the side of a line pointing to the outside of the track (Fence).

400m Starts							
Track Sector		Front Straight Before A-K Line				East Bend After A and Before J	
Measured From		A-K Line				Peg K	
Line 1		50.00m	Out				
Line 2		42.96m	Out	50.00m	In		
Line 3		35.30m	Out	42.96m	In		
Line 4		27.63m	Out	35.30m	In		
Line 5		19.97m	Out	27.63m	In		
Line 6		12.30m	Out	19.97m	In		
Line 7		4.63m	Out	12.30m	In		
Line 8		4.63m	In				
Line 9						3.11	In

	Point S 100m Start		Point T 100m Start		100m Lanes	200m 300m 400m Hurdles Flight 2		800 Start Lane 8	
Track Sector	Front Straight Before B					Front Straight After B			
Measured From	Peg B	Peg L	Peg L	Peg B	Point S to Point T	B- L Line			
Line 1	24.99m	26.83m			0.00m	0.01m	Out		
Line 2					1.22m				
Line 3					2.44m				
Line 4					3.66m				
Line 5					4.88m				
Line 6					6.10m				
Line 7					7.32m				
Line 8					8.54m			2.00m	Out
Line 9			24.99m	26.83m	9.76m	0.01m	In	2.00m	In

## MDLAC Hanna Reserve: West Bend

800m Starts				
Track Sector	West Bend Before B and after C		Front Straight After B-L Line	
Measured From	Peg B		B - L Line	
Line 1	24.12m	Out		
Line 2	20.60m	Out		
Line 3	16.85m	Out		
Line 4	13.34m	Out		
Line 5	10.29m	Out		
Line 6	8.12m	Out		
Line 7	7.51m	Out		
Line 8			2.00m	Out
Line 9			2.00m	In

200m 300m 400m Hurdle Flight 3		
Track Sector	West Bend After D and Before C	
Measured From	Peg D	
Line 1	14.73m	Out
Line 2	16.22m	Out
Line 3	17.84m	Out
Line 4	19.46m	Out
Line 5	21.08m	Out
Line 6	22.69m	Out
Line 7	24.30m	Out
Line 8	25.89m	Out
Line 9		

200m 300m 400m Hurdle Flight 4		
Track Sector	West Bend Before D and After E	
Measured From	Peg D	
Line 1	19.48m	Out
Line 2	17.60m	Out
Line 3	15.67m	Out
Line 4	13.95m	Out
Line 5	12.49m	Out
Line 6	11.37m	Out
Line 7	10.65m	Out
Line 8	10.40m	Out
Line 9		

200m 300m 400m Hurdle Flight 5						
Track Sector	West Bend After F and Before E		Back Straight Before F-N Line			
Measured From	Peg F		F-N Line			
Line 1			5.00m	Out		
Line 2			1.48m	Out	5.00m	In
Line 3	3.32m	Out			1.48m	In
Line 4	6.87m	Out				
Line 5	10.45m	Out				
Line 6	13.95m	Out				
Line 7	17.33m	Out				
Line 8	20.62m	Out				
Line 9						



## MDLAC Hanna Reserve: Back Straight

	200m 300m 400m Hurdles Flight 5				200m Start				300m 400m Hurdles Flight 6			
Track Sector	Back Straight Before F											
Measured From	F-N Line											
Line 1	5.00m	Out			25.00m	Out			40.00m	Out		
Line 2	1.48m	Out	5.00m	In	21.48m	Out	25.00m	In	36.48m	Out	40.00m	In
Line 3			1.48m	In	17.65m	Out	21.48m	In	32.65m	Out	36.48m	In
Line 4					13.82m	Out	17.65m	In	28.82m	Out	32.65m	In
Line 5					9.98m	Out	13.82m	In	24.98m	Out	28.82m	In
Line 6					6.15m	Out	9.98m	In	21.15m	Out	24.98m	In
Line 7					2.32m	Out	6.15m	In	17.32m	Out	21.15m	In
Line 8							2.32m	In	13.48m	Out	17.32m	In
Line 9											13.48m	In

200m Starts							
Track Sector		West Bend After F and Before E		Back Straight Before F-N Line			
Measured From		Peg N		F-N Line			
Line 1				25.00m	Out		
Line 2				21.48m	Out	25.00m	In
Line 3				17.65m	Out	21.48m	In
Line 4				13.82m	Out	17.65m	In
Line 5				9.98m	Out	13.82m	In
Line 6				6.15m	Out	9.98m	In
Line 7				2.32m	Out	6.15m	In
Line 8						2.32m	In
Line 9		1.56m	In				

	300m 400m Hurdles Flight 7				800m Crossover	
Track Sector	Back Straight After G				G-O Line	
Measured From	G-O Line					
Line 1	0.01m	Out			0.00m	Out
Line 2	3.53m	Out	0.01m	In		
Line 3	7.36m	Out	3.53m	In		
Line 4	11.19m	Out	7.36m	In		
Line 5	15.03m	Out	11.19m	In		
Line 6	18.86m	Out	15.03m	In		
Line 7	22.69m	Out	18.86m	In		
Line 8	26.53m	Out	22.69m	In		
Line 9			26.53m	In	0.00m	In

### MDLAC Hanna Reserve: East Bend

300m Starts				
Track Sector	East Bend After I and Before H		East Bend Before G and After H	
Measured From	Peg I		Peg G	
Line 1	0.00m		Out	
Line 2	5.29m		Out	
Line 3	10.80m		Out	
Line 4	16.07m		Out	
Line 5	21.10m		Out	
Line 6	25.88m		Out	
Line 7				25.07m Out
Line 8				22.14m Out
Line 9				

### MDLAC Hanna Reserve: Pack Start Arcs

	50m Arc	Point C	100m Arc	Point E	150m Arc	200m Arc	Point H	300m Arc	Point J	350m Arc
Track Sector	Front Straight Before A	Bend Before B		Bend Before D		Back Straight Before F	Bend Before I		Bend After A	
Measured From	A-K Line	Peg B	B-L Line	Peg D	D-M Line	G-N Line	Peg I	Point H	Peg A	Point J
Line 1		24.12m		24.12m			24.12m		24.12m	
Line 1 300mm In	50.00m		24.99		25.00m	25.00m		25.00m		25.00m

### MDLAC Hanna Reserve: Hurdle Straight Track

	Point DB		Point DA		CA-CB Line		BA-BB Line				FA-FB	AA-AB Line
	110m				100m	90m	80m	70m	60m	50m	Finish Line	
Measured From	Peg CB	Peg CA	Peg CA	Peg CB	CA-CB Line						AA-AB Line	
Line 1	10.00m	13.97m			0m	10m	20m	30m	40m	50m	20m	0m
Line 9			10.00m	13.97m	0m	10m	20m	30m	40m	50m	20m	0m

## MDLAC Hanna Reserve: East Bend 400m Hurdles

400m Hurdle Flight 8				
Track Sector	East Bend Before G and After H		East Bend After I and Before H	
Measured From	Peg G		Peg I	
Line 1			14.73m	Out
Line 2			19.51m	Out
Line 3			24.46m	Out
Line 4	22.29m	Out		
Line 5	18.90m	Out		
Line 6	15.81m	Out		
Line 7	13.20m	Out		
Line 8	11.34m	Out		
Line 9				

400m Hurdle Flight 9				
Track Sector	East Bend After I and Before H		East Bend Before I and After J	
Measured From	Peg I			
Line 1			19.48m	Out
Line 2			14.29m	Out
Line 3			8.90m	Out
Line 4			4.75m	Out
Line 5	5.41m	Out		
Line 6	9.69m	Out		
Line 7	14.49m	Out		
Line 8	19.28m	Out		
Line 9				

400m Hurdle Flight 10						
Track Sector	East Bend Before I and After J		East Bend After A and Before J		On Front Straight before A-K Line	
Measured From	Peg I		Peg A		A-K Line	
Line 1					5.00m	Out
Line 2			2.33m	Out	5.00m	In
Line 3			9.58m	Out		
Line 4			16.59m	Out		
Line 5			23.24m	Out		
Line 6	24.59m	Out				
Line 7	19.96m	Out				
Line 8	15.85m	Out				
Line 9						

## MDLAC Hanna Reserve: East Bend Relay Change 1

Relay Change 1 In (400m Hurdle Flight 9)				
Track Sector	East Bend Afte I and After H		East Bend Before I and After J	
Measured From	Peg I			
Line 1			19.48m	Out
Line 2			14.29m	Out
Line 3			8.90m	Out
Line 4			4.75m	Out
Line 5	5.41m	Out		
Line 6	9.69m	Out		
Line 7	14.49m	Out		
Line 8	19.28m	Out		
Line 9				

Relay Change 1 Check (300m Starts)				
Track Sector	East Bend After I and Before H		East Bend Before G and After H	
Measured From	Peg I		Peg G	
Line 1	0.00m	Out		
Line 2	5.29m	Out		
Line 3	10.80m	Out		
Line 4	16.07m	Out		
Line 5	21.10m	Out		
Line 6	25.88m	Out		
Line 7			25.07m	Out
Line 8			22.14m	Out
Line 9				

Relay Change 1 Out				
Track Sector	East Bend Before G and After H		East Bend After I and Before H	
Measured From	Peg I		Peg G	
Line 1	9.87m	Out		
Line 2	14.82m	Out		
Line 3	19.9m	Out		
Line 4	24.87m	Out		
Line 5			23.19m	Out
Line 6			19.95m	Out
Line 7			17.04m	Out
Line 8			14.60m	Out
Line 9				



**MDLAC Hanna Reserve:**

**Back Straight to East Bend Relay Change 2 - Training Relay Start and Change 1**

Relay Training Start				
Track Sector	Back Straight After G-O Line			
Measured From	G-O Line			
Line 1	20.01m	Out		
Line 2	23.53m	Out	20.01m	In
Line 3	27.36m	Out	23.53m	In
Line 4	31.19m	Out	27.36m	In
Line 5	35.03m	Out	31.19m	In
Line 6	38.86m	Out	35.03m	In
Line 7	42.69m	Out	38.86m	In
Line 8	46.53m	Out	42.69m	In
Line 9			46.53m	In

Relay Change 2 In - Training Relay Change 1 In				
Track Sector	East Bend After I and Before H		East Bend Before G and After H	
Measured From	Peg I		Peg G	
Line 1	44.50m	Out		
Line 2	42.11m	Out	44.50m	In
Line 3	38.28m	Out	42.11m	In
Line 4	34.44m	Out	38.28m	In
Line 5	30.61m	Out	34.44m	In
Line 6	26.78m	Out	30.61m	In
Line 7	22.95m	Out	26.78m	In
Line 8	19.11m	Out	22.95m	In
Line 9			19.11m	In

Relay Change 2 Check - Training Relay Change 1 Check (200m Starts)						
Track Sector	West Bend After F and Before E		Back Straight Before F-N Line			
Measured From	Peg N		F-N Line			
Line 1			25.00m	Out		
Line 2			21.48m	Out	25.00m	In
Line 3			17.65m	Out	21.48m	In
Line 4			13.82m	Out	17.65m	In
Line 5			9.98m	Out	13.82m	In
Line 6			6.15m	Out	9.98m	In
Line 7			2.32m	Out	6.15m	In
Line 8					2.32m	In
Line 9	1.56m	In				

Relay Change 2 Out - Training Relay Change 1 Out							
Track Sector	West Bend After F and Before E			Back Straight Before F-N Line			
Measured From	Peg N		F-N Line-Line 5		F-N Line		
Line 1					15.00m	Out	
Line 2					11.48m	Out	15.00m
Line 3					7.65m	Out	11.48m
Line 4					3.82m	Out	7.65m
Line 5			0.02m	Out			3.82m
Line 6	7.03m	Out					
Line 7	10.04m	Out					
Line 8	13.25m	Out					
Line 9	1.56m	In					

## MDLAC Hanna Reserve: West Bend Training Relay Change 2

Training Relay Change 2 In		
Track Sector	West Bend After F and Before E	
Measured From	Peg F	
Line 1	14.73m	Out
Line 2	16.22m	Out
Line 3	17.84m	Out
Line 4	19.46m	Out
Line 5	21.08m	Out
Line 6	22.69m	Out
Line 7	24.30m	Out
Line 8	25.89m	Out
Line 9		

Training Relay Change 2 Check		
Track Sector	West Bend Before D and After E	
Measured From	Peg D	
Line 1	24.13m	Out
Line 2	22.23m	Out
Line 3	20.25m	Out
Line 4	18.40m	Out
Line 5	16.76m	Out
Line 6	15.34m	Out
Line 7	14.21m	Out
Line 8	13.40m	Out
Line 9		

Training Relay Change 2 Out		
Track Sector	West Bend Before D and After E	
Measured From	Peg D	
Line 1	14.72m	Out
Line 2	12.88m	Out
Line 3	11.06m	Out
Line 4	9.55m	Out
Line 5	8.46m	Out
Line 6	7.93m	Out
Line 7	8.02m	Out
Line 8	8.68m	Out
Line 9		

## MDLAC Hanna Reserve: West Bend Relay Change 3 - Training Relay Change 3

Relay Change 3 In - Training Relay Change 3 In		
Track Sector	West Bend After D and Before C	
Measured From	Peg D	
Line 1	4.95m	Out
Line 2	6.70m	Out
Line 3	8.64m	Out
Line 4	10.5m	Out
Line 5	12.52m	Out
Line 6	14.41m	Out
Line 7	16.28m	Out
Line 8	18.12m	Out
Line 9		

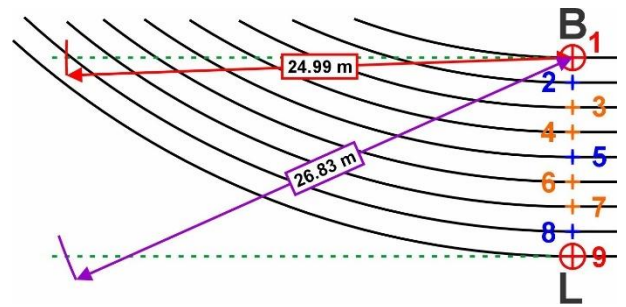
Relay Change 3 Check - Training Relay Change 3 Check		
Track Sector	West Bend Before B and After C	
Measured From	Peg B	
Line 1	24.13m	Out
Line 2	22.23m	Out
Line 3	20.25m	Out
Line 4	18.40m	Out
Line 5	16.76m	Out
Line 6	15.34m	Out
Line 7	14.21m	Out
Line 8	13.40m	Out
Line 9		

Relay Change 3 Out - Training Relay Change 3 Out		
Track Sector	West Bend Before B and After C	
Measured From	Peg B	
Line 1	14.72m	Out
Line 2	12.88m	Out
Line 3	11.06m	Out
Line 4	9.55m	Out
Line 5	8.46m	Out
Line 6	7.93m	Out
Line 7	8.02m	Out
Line 8	8.68m	Out
Line 9		

## MDLAC Hanna Reserve: Marking the Round Track 100m Start:

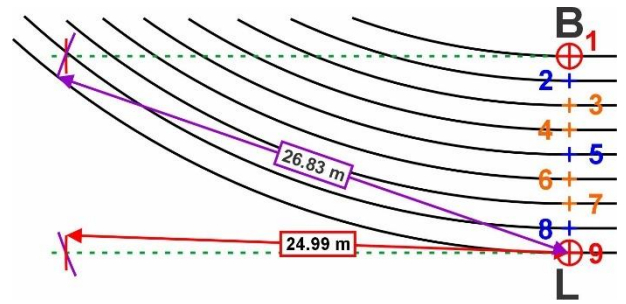
- **Mark Line 1 and 9 Arcs from Peg B.**

- Peg tape zero beside **Peg B**.
- Pull tape 24.99m before **Peg B (Line 1)**.
  - Paint an arc about 1m long.
  - Centre of the arc should be in line with **Line 1** on the front straight.
- Pull tape 26.83m before **Peg L (Line 9)**.
  - Paint an arc about 1m long.
  - Centre of the arc should be in line with **Line 9** on the front straight.



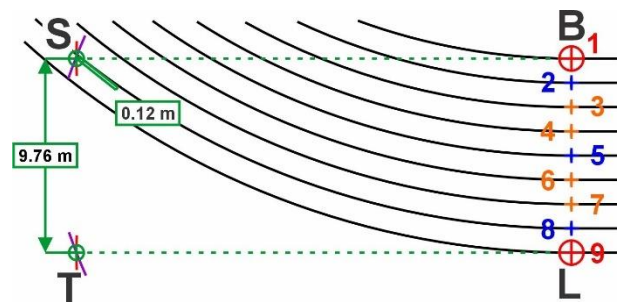
- **Mark Line 1 and 9 Arcs from Peg L.**

- Peg tape zero beside **Peg L**.
- Pull tape 24.99m before **Peg L (Line 9)**.
  - Paint an arc about 1m long,
  - Centre of the arc should be in line with **Line 9** on the front straight.
- Pull tape 26.83m before **Peg B (Line 1)**.
  - Paint an arc about 1m long,
  - Centre of the arc should be in line with **Line 1** on the front straight.



- **Mark Point S & Point T:**

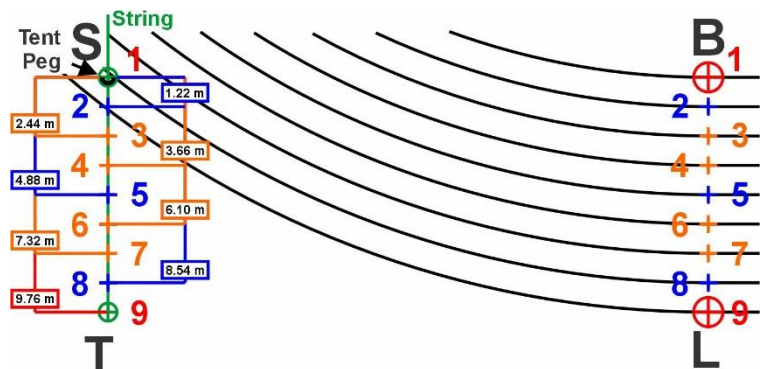
- Arc crossover **Point S** and **Point T** should be 9.76m apart.
- **Point S** should be about 0.12m outside of **Line 8**
- Mark **Point S** and **Point T** with a cross.



- **Marking 100m Start Lanes Point S-Point T:**

- Peg the string line start loop at the centre of **Point T green cross**.
- Pull string line to the **Point S** and loosely hold that position by placing a tent peg over the **Point S green cross**.
- Pull the string line very tightly and peg about 3m before the **Point S green cross**.
- Mark each lane line with a cross using a tap.

- Spike tape 0 at **Point S** and running over **Point T**.
- Mark lane lines with a paint cross of one colour:
  - 2      1.22m
  - 5      4.88m
  - 8      8.54m
- Mark lane lines with a paint cross of a different Colour:
  - 3      2.44m
  - 4      3.66m
  - 6      6.10m
  - 7      7.32m



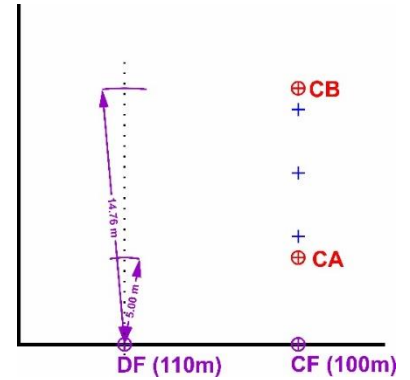
- **Line Marking 100m Start Lanes:**

- String Line 2 from **Point S-Point T Line** and **Peg B-Peg L Line**
- Line mark **Lines 1, 2 & 3** in white in both directions, two coats
- Repeat **Line 5 & Line 8**

## MDLAC Hanna Reserve: Marking the Straight Track 110m Start:

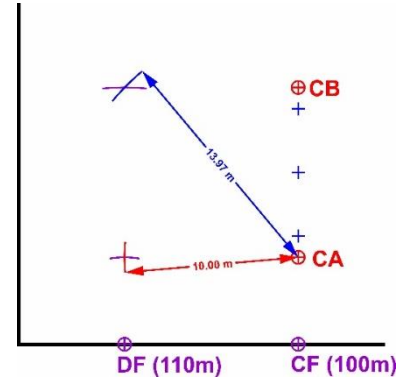
- **Mark Line 1 and 9 Arcs from 110m**

- Place tape zero at fence below **110m white fence mark**.
- Measure straight out **5m** (Line 9).
- Paint an arc about 1m long either side of **110m fence mark**.
- Measure straight out **14.76m** (Line 1).
  - 5m plus 9.76m.
- Paint an arc about 1m long either side of **110m fence mark**.



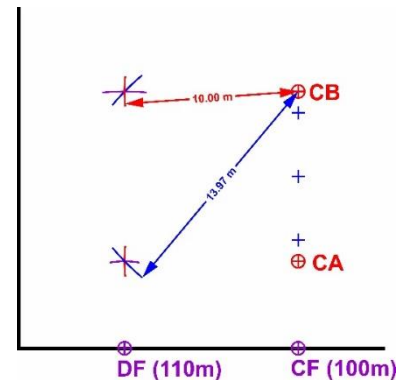
- **Mark Line 1 and 9 Arcs from Peg CA**

- Place tape zero at **Peg CA**.
- Measure **10m** to **5m Arc** (Line 9).
- Paint an arc about 1m long either side of **5m Arc**.
- Measure **13.97m** to **14.76m Arc** (Line 1).
- Paint an arc about 1m long either side of **14.76m Arc**.



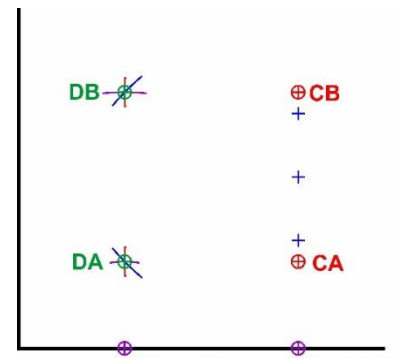
- **Mark Line 1 and 9 Arcs from Peg CB**

- Place tape zero at **Peg CB**.
- Measure **10m** to **14.76m Arc** (Line 9).
- Paint an arc about 1m long either side of **5m Arc**.
- Measure **13.97m** to **5m Arc** (Line 1).
- Paint an arc about 1m long either side of **14.76m Arc**.



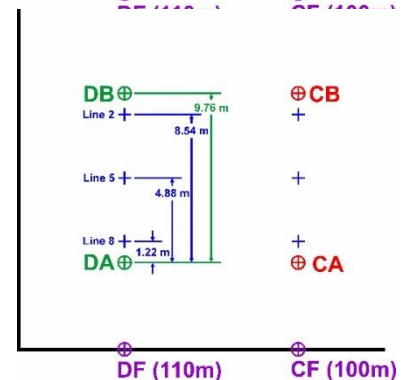
- **Mark Line 1 Point DA and Line 9 Point DB**

- Paint a Circle and Cross where **5m Arcs** meet (**Line 1 Point DA**).
- Paint a Circle and Cross where **14.76m Arcs** meet (**Line 9 Point DB**).



- **Mark Lanes 2, 5 and 8 (110m Start):**

- Place tape zero at **Point DA**.
- Measure straight out to **Point DB**.
  - Mark **Lane Line 8** at **1.22m** with a cross
  - Mark **Lane Line 5** at **4.88m** with a cross.
  - Mark **Lane Line 2** at **8.54m** with a cross.



- **Line Marking 110m Start Lanes:**

- String Line 2 from Line DA-DB and Line CA-CB
- Line mark **Lines 1, 2 & 3** in white in both directions, two coats
- Repeat **Line 5 & Line 8**

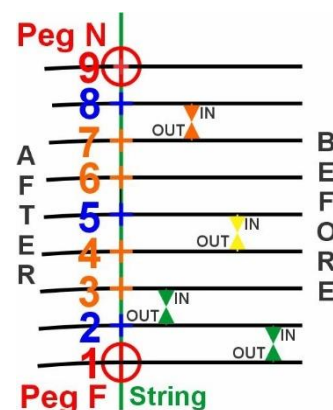
## MDLAC Hanna Reserve: Marking the Round Track Straight Starts, Hurdles & Relays:

### Example: Back Straight West End

- Peg string line across straight from **Peg F to Peg N**.
- Mark a cross on each lane line where the string line crosses it.
- Peg tape zero end next to peg or middle of cross on the lines.
- Measure along the line making a paint mark for each start, hurdle flight and relay change as listed.

#### ▪ **Note:**

- **In**, marks from a line facing **inside** of the track (Middle).
- **Out**, marks from a line facing the **outside** of the track (Fence).
- Repeat, for each line
- Line mark Starts, Hurdles & Relay lines in both directions, two coats.
- Lines that cross the track should be string lined to line mark.
  - Finish Line
  - 50m, 70m 100m Start
  - Hurdle Flights 9 and 10.
  - 800m Cross Over



#### ○ **Lines that are measured from Point A-Point K Line.**

- Finish Line **Lines 1 & 9**
- 400m Starts **Lanes 1-7**
- 50m Start **Lines 1 & 9**
- 70m Start **Lines 1 & 9**
- Hurdles Flight 10 **Lane 1**
- Hurdles Flight 1 **Lines 1 & 9**

#### ○ **Lines that are measured from Point B-Point L Line.**

- 800m Start **Lane 8**
- Hurdles Flight 2 **Lines 1 & 9**

#### ○ **Lines that are measured from Point F-Point N Line.**

- 200m Starts **Lanes 1-7**
- Hurdles Flight 6 **Lanes 1 & 2**
- Relay Change 2 Out **Lanes 1-5**
- Hurdles Flight 5 **Lanes 1-8**
- Relay Change 2 In **Lanes 1-8**

#### ○ **Lines that are measured from Point G-Point O Line.**

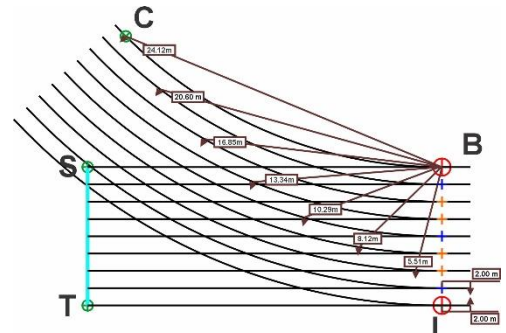
- Training Relay Starts **Lanes 1-8**
- Hurdles Flight 4 **Lanes 1-8**
- 800m Crossover **Lines 1 & 9**



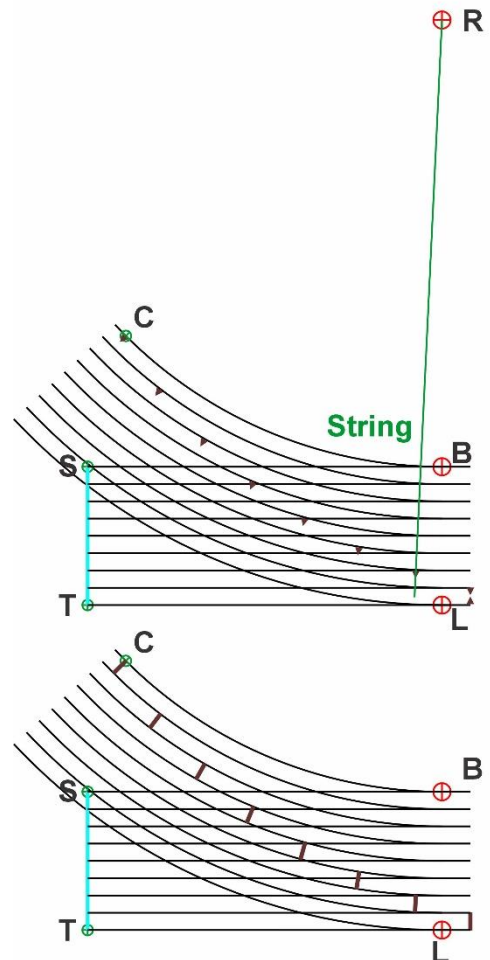
# MDLAC Hanna Reserve: Marking the Round Track Bend Starts, Hurdles & Relays:

## Example: 800m Starts.

- Peg tape zero end **Point B-Point L Line** 300mm out from **Peg B**.
- Measure diagonally to each line, line making a paint mark for each start.
  - **Note:**
    - **In**, marks from a line facing **inside** of the track (Middle).
    - **Out**, marks from a line facing the **outside** of the track (Fence).
- Repeat, for each line
- Run string line from **Centre Peg R** over each mark.
- Line mark Start lines in both directions over string line, two coats.
- Move the sting line to next mark and repeat.



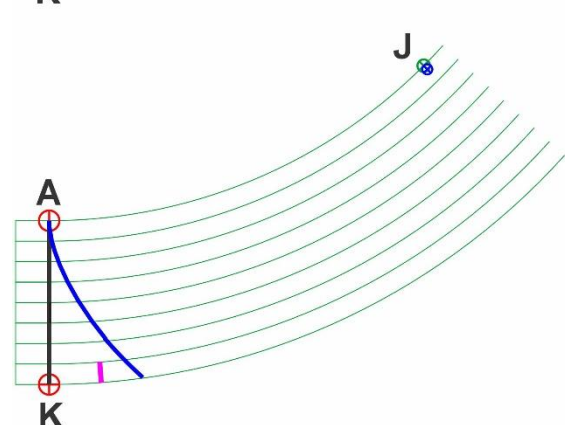
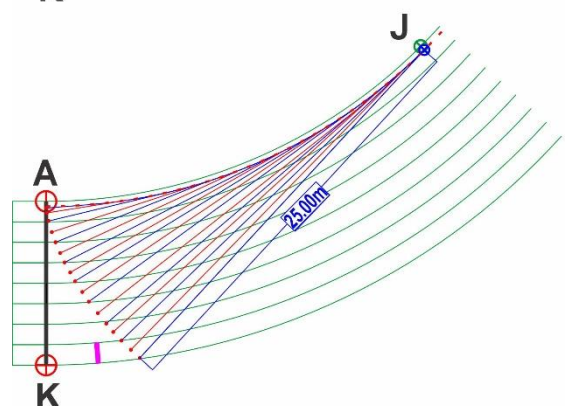
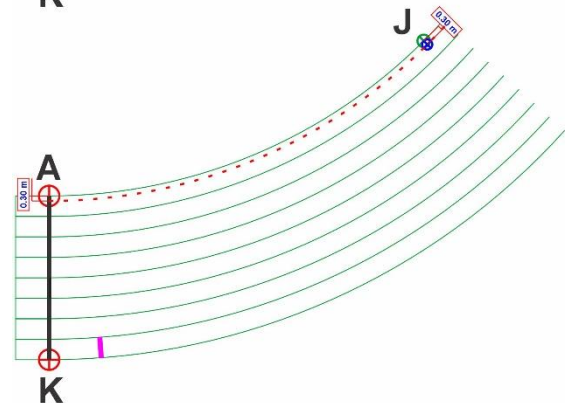
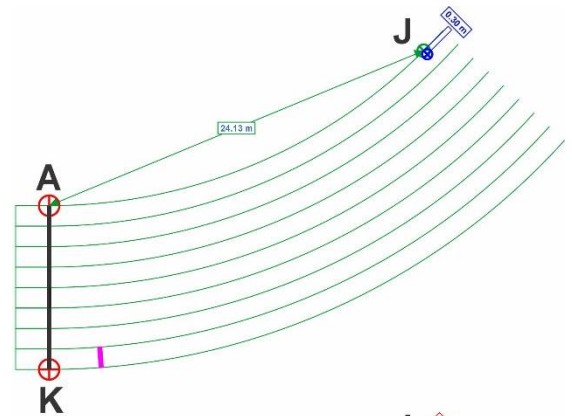
- **Lines Measured from Point A.**
  - Hurdles Flight 10 **Lanes 2-5**
- **Lines Measured from Point B.**
  - Relay Change 3 Out **Lanes 1-8**
  - Relay Change 3 Check **Lanes 1-8**
  - 800m Starts **Lanes 1-7**
- **Lines Measured from Point D.**
  - Hurdles Flights 3 **Lanes 1-8**
  - Relay Change 3 **Lanes 1-8**
  - Training Relay Change 2 Out **Lanes 1-8**
  - Hurdles Flights 4 **Lanes 1-8**
  - Training Relay Change 2 Check **Lanes 1-8**
- **Lines Measured from Point F.**
  - Training Relay Change 2 In **Lanes 1-8**
  - Hurdles Flights 5 **Lanes 3-8**
  - Relay Change 2 Out **Lanes 6-8**
- **Lines Measured from Point G.**
  - Hurdles Flights 8 **Lanes 4-8**
  - Relay Change 1 Out **Lanes 5-8**
  - 300m starts **Lanes 6-8**
- **Lines Measured from Point I.**
  - Hurdles Flights 8 **Lanes 1-3**
  - Relay Change 1 Out **Lanes 1-4**
  - 300m starts **Lanes 1-7**
  - Hurdles Flights 9 and Relay Change 1 **Lanes 1-8**
  - Hurdles Flights 10 **Lanes 6-8**
- **Lines that are not measured from Pegs A, B, D, F, G, I.**
  - 400m Lane 8, **Peg K**
  - 200m Lane 8, **Peg N**
  - Relay Change 2 Out Lane 5, **Line 5 on Peg K-Peg N Line**



# MDLAC Hanna Reserve: Marking the Round Track Pack/Walk Start Arcs on a Bend

Example: 350m Arc (700m Start):

- **Marking Point J (350m Arc Radius):**
  - Place tape zero on the finish line next to **Peg A**.
  - Measure to 24.12m on **Line 1**, after **Peg A** and mark **Point J** with a dot.
  - Mark second dot **300mm** out from **Point J** into Lane 1
- **Set Arc 350m Markers:**
  - Place 20-25 measuring spikes, 300m into **Lane 1** from **Point J** to **Peg A**.
  - Measuring spikes should be about 1m apart.
- **Measure 350m Arc:**
  - Place tape zero at mark 300m out from **Point J**.
  - Measuring 25.00m to **Line 9** after the finish line and mark with a dot.
  - Pulling the tape tight against measuring spikes, measure 25.00m to middle of each lane and each line and mark with a dot.
- **Mark 350m Arc:**
  - Remove Spikes.
  - Mark 350m Arc with line marker by connecting the dots.
  - Paint in both directions, two coats.
- **Arcs on the Bends**
  - **100m Arc for 1500m and 5000m Runs & Walks**
    - Arc Radius is **Point B**
    - Arc Length is **24.99m**
    - Arc Base is **Point C**
  - **150m Arc for 150m and 500m Pack Starts**
    - Arc Radius is **Point D**
    - Arc Length is **25m**
    - Arc Base is **Point E**
  - **300m Arc for 300m Pack Start**
    - Arc Radius is **Point H**
    - Arc Radius is **25m**
    - Arc Base is **Point I**
  - **350m Arc for 700m Pack Start & Walk**
    - Arc Radius is **Point J**
    - Arc Length is **25m**
    - Arc Base is **Point A**



## MDLAC Hanna Reserve: Marking the Round Track Pack/Walk Start Arcs on a Straight

### Example 200m Arc (200m, 3000m, 10000m Start):

- **Position Tape:**
  - Place tape zero at mark 300m out from **Peg F**.
- **Measure 200mm Arc:**
  - Measuring 25.00m to **Line 9** before **Peg F-Peg N Line** and mark with a dot.
  - Pulling the tape tight against measuring measure 25.00m to middle of each lane and each line and mark with a dot.
- **Mark 200m Arc:**
  - Mark 200m Arc with line marker by connecting the dots.
  - Paint in both directions, two coats.
- **Arcs on the Straights:**
  - **Front Straight:**
    - 50m Arc for 400m Pack Start and 1100m Walk
      - Arc Radius is **Point A**
      - Arc length is **50m**
      - Arc base is **400m Lane 1 start**
  - **Back Straight**
    - 200m Arc for 200m Pack Start and 3000m and 10000m Runs
      - Arc Radius is **Point F**
      - Arc length is **25m**
      - Arc Base is **200m Lane 1 start**

