

Notes on NC A&T's Track facility: Hurdles and Relay Zones

revised June 2006

100 Hurdles = double yellow hash (rectangle)

110 Hurdles = double blue hash

300 Hurdles = double red hash

400 Hurdles = double green hash

W - 300 / 400 IH

W - 100 HH

M - 300 / 400 IH

HS M - 110 HH

Col. - M - 110 HH

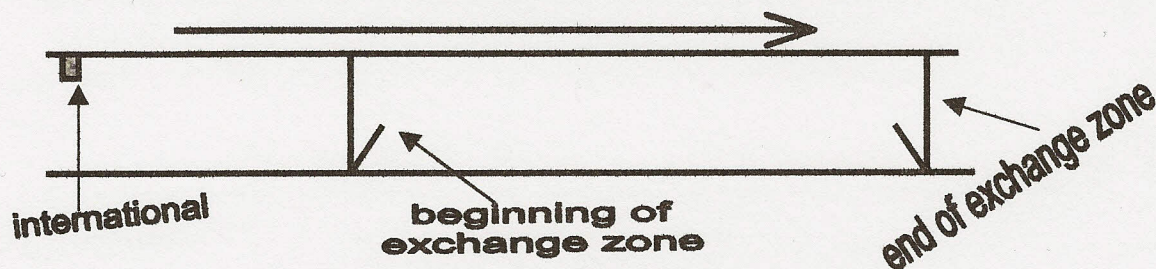
top



bottom

NC A&T has top-of-the-line UCS hurdles that automatically adjust weights to match the different heights.

The Irwin Belk Track has internationally marked relay exchange zones. (not the large triangles most US facilities use)



The beginning of an exchange zone is a simple line with a "chevron". The "V" that the chevron forms is **inside** the zone – and the end of the zone is another simple line with the chevron **inside** the zone.

The international marks are simply single hash marks @ the side of the lane (except where noted below) – they look like "half of a hurdle placement".

4 x 200 1st EX = red to red (international is single red hash)
 2nd EX = red to red (international is single red hash)
 3rd EX = yellow to yellow (international is **double** red
 because it coincides with a 300H placement)

4 x 100 all yellow to yellow
 1st & 3rd EX – international is single red hash
 2nd EX – international is **double** red (like the 4x2 3rd EX)