



**2023 NCHSAA Outdoor Track and Field Championships  
May 19-20, 2023**

**Marcus T. Johnson Track @ Truist Stadium  
North Carolina A&T University  
Relay Markings and Exchange Zones**

**Relay Markings**

4x100 Relay: All zones are Yellow to Yellow.

4x200 Relay: 1<sup>st</sup> Exchange Zone is Red to Red

2<sup>nd</sup> Exchange Zone is Red to Red

3<sup>rd</sup> Exchange Zone is Yellow to Yellow

4x400 Relay: 1<sup>st</sup> Exchange Zone is Blue Triangle to Blue Triangle

2<sup>nd</sup> & 3<sup>rd</sup> Exchange Zone is Blue Line to Blue

4x800 Relay: Blue Line to Blue Line

**Hurdles Marking:**

Girls 100 Meter Hurdles: Yellow Triangles

Boys 110 Meter Hurdles: Blue Triangles

300 Meter Hurdles: Red Triangles

**Break Line** for 800, 4x800 and 4x400: Green Line

**Alley Start** for 1600 and 3200-Meter Runs: White Line

**800 and 4x800 Start:** Green Line

**4x200 Meter Start:** Red Line

**4x100 Meter Start:** White Line

**4x400 Meter Start:** Blue Line

30-meter exchange zones for the 4x100 and 4x200 with Yellow and Red Triangles, respectively.

4x800 is still 20-meter zone