

## **Pack Start Track Events – Season 2007/2008**

### **300m**

The 300m is run on the INSIDE track. Start at the 300m start line & run around to the MAIN finish line (near the bottom of the ramp).

### **500m**

The 500m is run on the INSIDE track. Start at the 500m start line & run around to the MAIN finish line (near the bottom of the ramp), then complete ONE (1) more full lap.

### **700m Walks & run**

The 700m is completed on the OUTSIDE track. Start at the combined 700m, 1100m & 1500m start line & proceed around to the MAIN finish line (near the tap, halfway along the ramp), then complete ONE (1) more full lap.

### **800m**

The 800m is run on the OUTSIDE track. Start at the 800m start line (at MAIN finish line) & complete TWO (2) full laps.

### **1100m Walks & run**

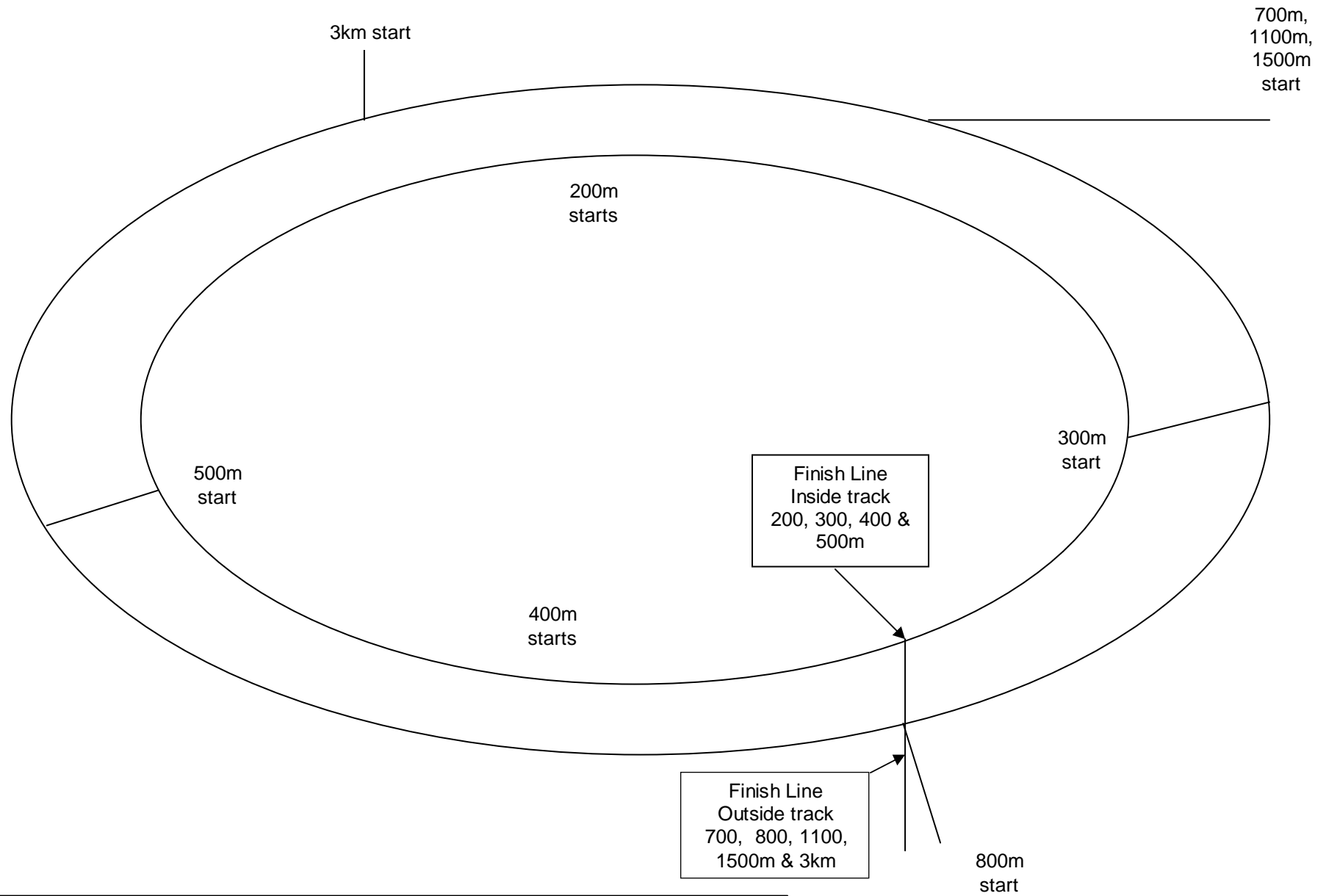
The 1100m is completed on the OUTSIDE track. Start at the combined 700m, 1100m & 1500m start line & proceed around to the MAIN finish line, then complete TWO (2) more full laps.

### **1500m Walks & run**

The 1500m is completed on the OUTSIDE track. Start at the combined 700m, 1100m & 1500m start line & proceed around to the MAIN finish line, then complete THREE (3) more full laps.

### **3000m**

The 3000m is run on the OUTSIDE track. Start at the 3000m start line & proceed around to the MAIN finish line (near the bottom of the ramp), then complete SEVEN (7) more full laps.



***M2 ramp***