

← NORTH

4x800 start
Green

800 start
Green

200 start
White

BREAK
400-4x400-600
Green

3000 start
White

4x400: 2nd exchange
4x800: 3rd exchange
--Yellow triangles--
800 to go

4x800: 1st exchange
DMR: 2nd exchange
--Green lines--
2400 to go

1 lap=307 meters

Laps + Meters

400	=	1	+	93
600	=	1	+	293
800	=	2	+	186
1000	=	3	+	79
1200	=	3	+	279
1500	=	4	+	272
1600	=	5	+	65
Mile	=	5	+	74
3000	=	9	+	237
5000	=	16	+	88

DEMPSEY INDOOR

4x400: 3rd exchange
--Yellow triangles--
400 to go

4x400: 1st exchange
--Yellow triangles--
1200 to go

4x800: 2nd exchange
DMR: 3rd exchange
--Green lines--
1600 to go

DMR: 1st exchange
--Red lines--
2800 to go

400 start
Blue

5000 start
White

1000 start
Yellow

Mile start
White

BREAK
800-4x800
Green

60 start
White

4x400 start
Blue

60 Hurdles
Men-Blue
Women-yellow

Distance Medley Relay
1200-400-800-1600

FINISH

DMR start
Red

300 start
White

600 start
Green

1500 start
White