

Track rules

1. **Always warm up and warm down off-track** in summer using the jogging trail and grassy areas. Only strides allowed on the track and must be run anti-clockwise
2. **Do not stop on the track.** Always run through the finish, at the end of an interval, and off the track (normally) to the right.
3. **Sprints groups use only the outside lanes**, starting with lane 6 (and watch carefully for endurance groups in inside lanes). Hurdles can be used only in lanes 6-10 on the home straight and, for safety reasons, should not be used in lane 6 on Tuesday evenings. Speed coaches must agree hurdle usage in advance.
4. **Endurance and middle-distance groups use only lanes 3, 4 and 5.** Only fast runners allowed in lane 3. The first few metres of an interval can use lanes 1 and 2 but must funnel into 3, 4 and 5 immediately. Lane 5 should be regarded as an overtaking lane.
5. **Never walk or jog back in any running lane** – use the outside of the track or lanes 1 and 2
6. **Sprint groups work in both the front and back straights** and other groups doing speed work agree lanes with sprints coaches.
7. **Never cross the infield** (unless part of a throws group upon request of a throws coach) or walk in front of the throwing cage or javelin run-up.
8. **Never train in lanes 1 and 2**, when those lanes are closed

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