

Indoor Track Markings Virginia Tech University Color Coding Six Lanes 200 Meter

Starting Marks

Event	Color	Location
55 meter Women	White	Center Aisle 8 Lanes
55 meter Men	White	Center Aisle 8 Lanes
200 meter	White	Lanes all way
300 meter	White	Lanes all way
400 meter	Blue/White/Blue	2 turn/Green breakline
500 meters	Green/White/Green	2 turn/Green breakline
800 meter	Green/White/Green	1 Turn /Green Breakline
1000 meter	Green	1 Turn/Green Breakline
1500 meter	White	International
3000/5000	White	International
Mile	White	International

Relays

	Start	Exchanges	
4 X 200 Relay	Blue/White/Blue	Yellow -	2 turn
3 turn 4 X 400 Relay	White/Blue/White	Yellow/Green Breakline -	3 turn
2 turn 4 X 400 Relay	Blue/White/Blue	Yellow Exchange	2 turn
Distance Medley Relay	Green/White/Green	Green Breakline -	1 turn
Distance Medley Relay	International	Green Recall -	1 turn

Exchange Zone format

Yellow

Triangle

Hurdles

Event	Distance	Start Color	Height		Number	Markings
			Men	Women		
Women	55 meter	White		33"	5	Yellow
Men	55 meter	White	42"		5	Blue