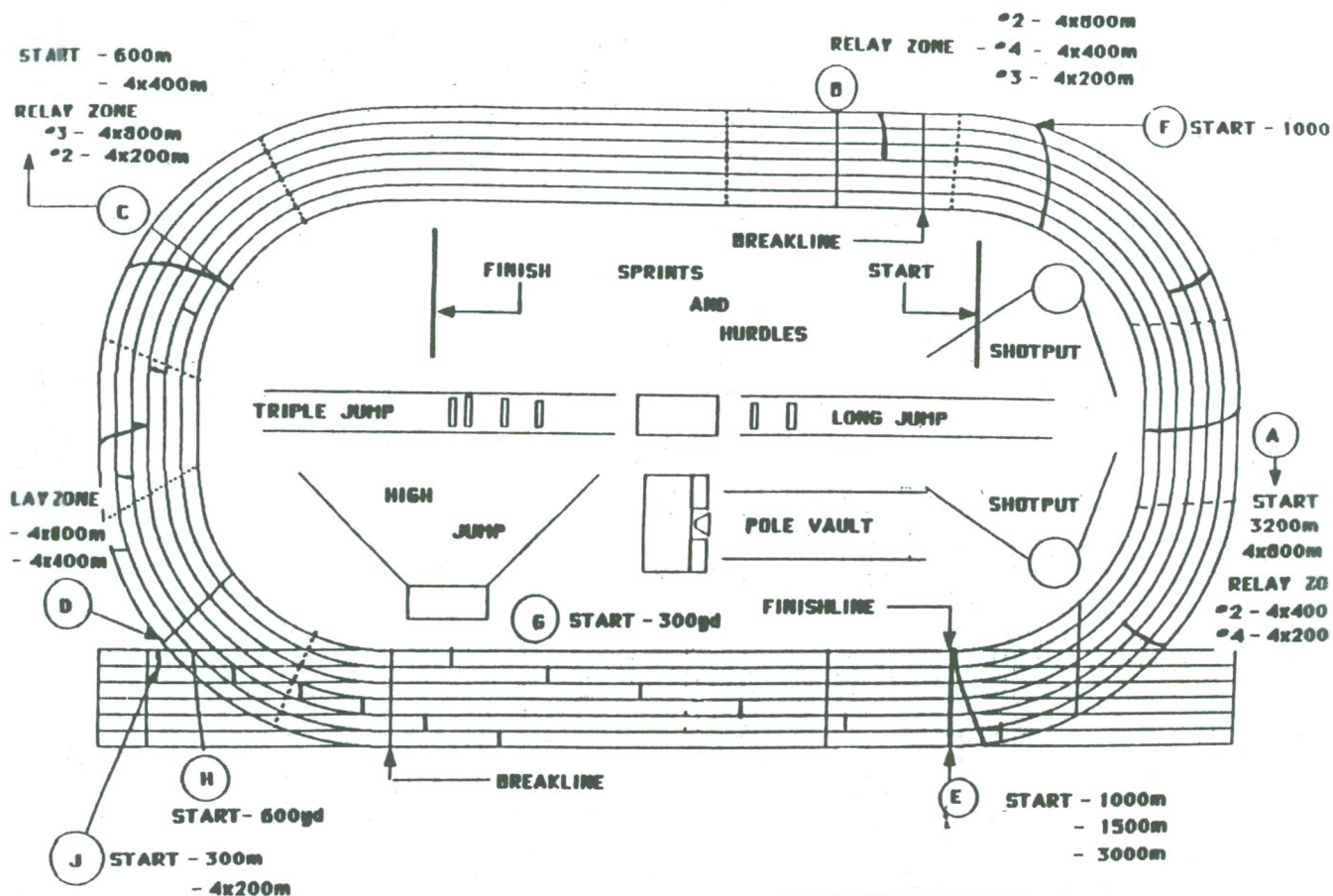


RCC TRACK LEGEND



TRACK LEGEND

A	START ZONE	3200M RUN, RELAY 1600M RELAY, #2 RUNNER 800M RELAY, #4 RUNNER
B	ZONE	3200M RELAY, #2 RUNNER 1600M RELAY, #4 RUNNER 800M RELAY, #3 RUNNER
C	START ZONE	600M RUN 1600M RUN 3200M RELAY, #3 RUNNER 800M RELAY, #2 RUNNER
D	ZONE	3200M RELAY, #4 RUNNER 1600M RELAY, #3 RUNNER
E	START	1000M RUN 1500M RUN 3000M RUN
E	FINISH	ALL RACES
F	START	1000 YARD RUN
G	START	300 YARD DASH
H	START	600 YARD RUN
J	START	300M DASH 800M RELAY

SPLITS

600M RUN	2 TURN STAGGER 400 - ZONE A	2 LAPS +
1000M RUN	2 TURN STAGGER 400 - ZONE C 800 - ZONE A	4 LAPS
1500M RUN	2 TURN STAGGER 400 - ZONE C 800 - ZONE A 1200 - ZONE D	6 LAPS
1600M RUN	2 TURN STAGGER 400 - ZONE A 800 - ZONE D 1200 - ZONE B	6 LAPS +
3000M RUN	2 TURN STAGGER 400 - ZONE D 800 - ZONE B 1600 - ZONE B 2400 - ZONE C	12 LAPS
3200M RUN	2 TURN STAGGER 400 - ZONE D 800 - ZONE B 1200 - ZONE E 1600 - ZONE C 2400 - ZONE D	12 LAPS +
1000 YARD RUN	1 TURN STAGGER 400 - ZONE E 800 - ZONE C	3 LAPS +
600 YARD RUN	1 TURN STAGGER 400 - ZONE B	2 LAPS +

****REMEMBER****

400 METERS = 1 1/2 LAPS
800 METERS = 3 LAPS + 50M