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Instructions on how to paint tracks for the double waterfall start

The following pages will explain the new double waterfall start and the proper way to paint your tracks to be ready for the 2020 season. The asterisk(s)* on each page is the information you will be concerned with.

Page 1 - This cover is new information that has not been previously posted on the MHSAA website from McDonald Painting. This is for using a 1 turn stagger in the 800, 1600, 3200 and 4x800 with waterfall starts.

Page 2 - Picture using a double waterfall with a small field

Page 3 - Picture using a double waterfall start with a large field

Page 4 - Iowa Coaches Association website explains colors needed for the waterfall and one turn stagger. Please pay attention to the white dots (green mark) needed in each lane 3 meters behind the waterfall line to set up for the step-up start. Dots or marks for step up lines will be at the painter's discretion.

Page 5 - Iowa coaches continue with reference to the 4x800 relay and a double waterfall start. You will also find instructions for the proper painting of the white dots (green marks) 3 meters behind the waterfall line in each lane for the step-up start and the 6" green dashes that will be painted on the white lane line between lanes 4 and 5 which helps to eliminate cones around the curve when the double waterfall is used.

Page 6 - At the bottom of the page is the information from the rule book explaining the step-up start procedure.

Page 7 - Indiana Coaches Association show us the proper way to seed the waterfall start. We don't see us putting 24 runners on the one waterfall and would put 16 on the back line of the double waterfall and 8 on the front line of the double waterfall. The front waterfall would have seeds 1-8; the back waterfall would have seeds 9 -24.

Page 8 - A note of correspondence from Eric Zemper of the USTAF and their viewpoint on the use double waterfall.

NOTE: We **do not** have the copyright to any of this information. This is intended to aid in the updates needed.