

MCDONALD

TRACK PAINTING

Required for 2020 track season will be the new 1-turn starts for the 800, 1600, 3200, and 4 x 800 relay. This is what will be used in the regional and state meets for 2020. There will be no green lane line starts or mini--waterfalls that was originally posted on the MHSAA web site.

This is what should be painted on your track:

These white lines will include a waterfall line starting in Lane 1 at the common-finish line and extend across all lanes (be it 6, 8, or 9 lane track) 1 meter back in the center of each lane will be a green mark for the step-up start.

A second waterfall will start in lane 5 and extend across all lanes (if track is 8 or 9 lanes) If 6 lanes the second waterfall would start in lane 4. 1 meter back in the center of each lane will be a green mark for the step-up start.

To get these painted on your track (and we would recommend this summer), please call or email Nick at the numbers below. Of course, if we paint them these lines will all be labeled so there is no confusion.

Please make contact with:

**Wayne, Debby or Nick McDonald
2570 Zeller Drive
Parma, MI 49269
Business: 517-531-3118
E-Mail: mcdonaldtrackpainting.com**