



- = PINS or another form of stationary object. (10 total)
Place pins 8 inches away from the inside line of lane 5 and 10 feet apart in the direction of running. 1st pin is placed 10 feet from the one turn stagger line in lane 5.
- = Rope or tape
- A = Pivot point. 10th Pin. Hold the rope / tape tight at this point (pin) and pull the rope / tape towards point B while maintaining contact with each pin.
- B = “Chalk” end of rope / tape. While keeping the tape / rope snug, pull the chalk outward towards the outside lane line of lane 8. This will scribe the appropriate arc for the starting line.
- = Starting line that extends from lane 5 through lane 8