



Guidelines & Lane Assignments for Glenmore Athletic Park

Following these guidelines will make training better and safer for everyone:

1. Use the track only during your designated time slot
2. Warm-up and cool-down can take place on the infield, or other fields, before and after designated time slots
3. Clubs with more than one time slot should balance athlete numbers between the slots
4. Field event coaches can request exclusive use of event areas, or simply make arrangements amongst themselves
5. No hurdles on Mondays between April 25th and June 27th, due to increased numbers of users in a shortened time slot
6. When the track is congested, the following lane designations apply:
 - Lanes 1 & 2 (all around) - Distance and long sprint intervals
 - Lanes 3 & 4 (all around) - Intermediate Hurdles and long sprint hurdles
 - Lanes 5 - 8 (back straight) - Sprints only
 - Lanes 5 & 6 (front straight) – Sprints only
 - Lanes 7 & 8 (front straight) - Sprint Hurdles and Sprints when no hurdlers
 - Hurdle drills beside hurdle shack (behind 100m start line)