

## Painting a Double Waterfall Starting Line

This guideline comes from the NFHS track and field rule book: rule 5-3 Article 7. The wording from Article 7 includes "The curved starting line MAY be established by" and "distance for spacing of the pins is ARBITRARY and SUFFICIENTLY accurate." These statements establish that painting a double waterfall start is not an exact science or task.

The rule book states "drive a row of pins." Cement nails are best. Drive your first cement nail at the common start/finish line. Follow the curve line for the inside lane line, then drive a nail 8" out from the line, every 10' as stated in the rule book. The rule book states 12" out from the raised inside curb, if you have a curb. Put in 10 nails from the original nail. So 100' out from the starting line is the last nail. Ten pins/nails instead of 8, as stated in the rule book were used. This is recommended because most finish lines are so close to the curve. Some painters just take 3 large steps and mark that spot to drive a cement nail. So as mentioned above this is not an exact science.

Once the tenth nail is driven, that is your anchor for your metal tape measure. This is the center of your circle/arc. Hook the end of your tape measure to the last nail and put the tape measure along all of the nails, following the curve, back to the start/finish line. You will need a tape measure slightly longer than 100' because of the curve. At the starting line, take regular chalkboard chalk or sidewalk chalk and draw your arc from the inside start/finish lane line to the outside of lane 8. Pull out on your tape as you draw the arc, keeping the tape in contact with the nails and coming off each successive nail as you mark your arc. Paint your white 2" line. You can use top of the line Sherwin-Williams latex house paint, top of the line Behr latex house paint or the good Pioneer field marking paint. We did two chalk lines 2" apart, taped outside the lines and used a roller with Behr paint. A 2" sprayer would be easier.

For the curved starting line in lanes 5-8, a similar procedure is used. In lane 5 you begin 44' up from the common start/finish line. (That is the stagger for lane 5.) Drive a nail on the inside lane line of lane 5. Once again, every 10' out from the original nail in lane 5, and 8" out from the inside lane line for lane 5, you drive a cement nail. Follow the curve of the inside lane line in lane 5 and 8" out from inside lane 5 lane line, drive a nail every 10'. Do this for 80', that is 8 nails after the first nail. The 8<sup>th</sup> nail out, just over 80', will be the center of your circle/arc. Once again, hook your metal tape measure there; pull the tape along the nails, following the curve back to the original nail in lane 5. From the original nail, take chalk and pulling the tape along the nails, make an arc from the inside of lane 5 to the outside of lane 8. Paint your white 2" line.

In the center of each lane, one meter back from the curved line, paint a step up mark. Use green. The shape can be similar to a hurdle tick mark or circle or square. We used a 3" circle.

It is also recommended to paint green hash marks on the dividing line between lanes 4/5 every 10-12' up to the cut line so runners know they must remain in their lanes until the cut line.

For the exchange zone triangles, make a template the same size as the large exchange zone triangles. Place it on the small triangles formerly used for the acceleration zone lining up the farthest bases of the triangle. You will need red paint and yellow paint. Use paints previously suggested. The new exchange zones are only used for 4x100 and 4x200 relays.

For paint: Plan on a quart for the white lines, a quart for the green step up marks and hash marks, at least a gallon or 6-8 spray cans of red and yellow.