

All-weather track markings

Normal markings

- ▶ Solid straight white lines across the track for start of:
110, 100, 80, 70, 60, 40 (back straight starts at 100m, north end)
- ▶ Solid curved white line across the track for start of:
800 (when first bend not run in lanes), 1500, 2000 (also 1200), 2000 steeplechase (second line back from finish), 3000 (also 600 and 1000), 3000 steeplechase (back straight), 5000, 10000, one mile (first line back from finish)
- ▶ Solid white line across each lane for start of:
150, 200, 300, 400, centre of each of first two sprint relay changeover area
- ▶ Solid straight white line with green mark in centre across each lane for start of:
800 when first bend run in lanes, 4x400 relay when only the first bend run in lanes
- ▶ Solid straight white line with blue mark in centre across each lane for start of:
4x400 relay when whole first leg and first bend of second leg run in lanes
- ▶ Solid green curved line across track from lane 2 to outside for break line:
800 when first bend run in lanes, 4x400 relay (either first or second lap break)
- ▶ Straight blue line in (in centre of lane) across track, 10m either side of finish line:
Marks start and finish of 4x400 relay changeover area
- ▶ Straight solid blue line (half arrowhead) across each lane:
Start and finish of 4x400 relay changeover area (first change when first leg and first bend of second leg run in lanes)
- ▶ Solid straight yellow line (half arrowhead) across each lane:
Start and finish of each 4x100 relay changeover area
- ▶ Solid straight blue line in middle of each lane:
Start of acceleration box for 4x100 relay
- ▶ Solid curved white lines across the outside four lanes
To allow for split starts in long distance races, green mark at start of straight on the inside of lane 5, break point for split start

Hurdles

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| ▶ Pink - 70 hurdles (H&B strt) | ▶ Green - 300/400 hurdles (only at sides of lane) |
| ▶ Yellow - 100 hurdles (H&B strt) | around track |
| ▶ Blue - 110 hurdles (H strt) | ▶ From south end on home straight, from north end on |
| ▶ Black - 80 Hurdles (H&B strt) | back straight (no 110m hurdles, 100m is first start line) |

Steeplechase barrier marks

- ▶ Blue square (inside lane 1 and outside lane 3), one after start, two after 1500m, three before 200m, water jump (inside track) and four in home straight
- ▶ White triangle on javeline run-up - point of pulling measuring tape through.