LANE 5
ONE TURN STAGGER LINE

= 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