

NIFS Track Etiquette

- Runners and walkers have the right-of-way.
- Please use caution when crossing the track.
- Slower runners and walkers should stay on the inside lanes.
- Faster runners should run in the outer lanes and pass slower runners/walkers on the **outside**.
- If you are being passed by other runners, you are a “slower” runner and should yield the outside lane(s).
- Interval Training must be conducted in lane 6.
- Always be aware and use extra caution when lane 6 is being used for sprinting or interval work.
- Sprinting should be done on the inner sprint lanes or utilize the markings in lane #6 that finish on the back straightaway.
- Those conducting interval training should provide at least 2 feet of clearance between themselves and the person(s) being passed on **the inside**.
- Run or walk in the direction indicated for each day of the week.
- Please do not spit or blow your nose on the floor.
- Team access to the facility is allowed after 7:00pm MONDAY THROUGH THURSDAY. Each team is required to communicate their practice schedule to NIFS staff. Weekend workouts are to be scheduled in advance.
- The ONLY spikes to be used in this facility are the 1/8th inch Pyramid spikes. This policy is strictly enforced.
- The use of specific equipment (hurdles and starting blocks) and sprint work is reserved for after 7pm Monday through Thursday. This includes Lane 6 & the blue sprint lanes. All equipment must be returned to its storing area.
- Use the outer blue area to travel back to a starting area. Stay off the track for recovery walking.

Additional track etiquette is posted in the Fitness Center. Thank you for your cooperation!

NIFS Interval Guide

Sprinting marks (Red):

Block Starts: Marks are located on the west (right) side of the sprint straightaway at 10, 20, 30, 40, and the 50 meter finish line. 40 yards (Yellow mark) is also marked and indicated along the same border of the sprint area. The start is the white line with a 50 meter notation at the north end of the sprint straightaway.

Track Intervals: Marks are located on the outside edge of lane #6 with the finish indicated at the conclusion to the back straightaway of the Fitness Center's oval track. Distances marked are 50, 60, 70, 80, 90, 100, 110, 120, 130, 140, 150, 160, 170, 180, 190, and 200 meters.

Distance marks (White):

Even Metric Intervals: Marks are located on the outside edge of lane #6 with the finish found at the conclusion to the main entrance straightaway of the Fitness Center's oval track. The 200 mark is found in the south corner and the ensuing marks are found by traveling counter clockwise approximately 25 meters. Metric distances marked are 200, 400, 600, 800, 1000, 1200, 1400, 1600, and 1800.

Odd Metric Intervals: Marks are located on the outside edge of lane #6 with the finish found at the conclusion to the main entrance straightaway of the Fitness Center's oval track. The 300 mark is found in the north corner and the ensuing marks are found by traveling counter clockwise approximately 25 meters. Distances marked are 300, 500, 700, 900, 1100, 1300, 1500, 1700, and 1900 meters.

Long Intervals: 1K, 1 Mile, 2K, 3K, 4K, and 5K are marked with yellow markings.

***Tuesday & Sunday Interval Training:**

Use the common finish line to start each interval and conclude chosen interval distance at corresponding distance marker.

LAP KEY:	300 & 400 -	one lap plus distance to finish line
	500 & 600 -	two laps plus distance to finish line
	700/800/ & 900 -	three laps plus distance to finish line
	1000 & 1100 -	four laps plus distance to finish line
	1200 & 1300 -	five laps plus distance to finish line
	1400/1500/1600 & Mile -	6 laps plus distance to finish line
	1700 & 1800 -	7 laps plus distance to finish line
	1900 & 2K -	8 laps plus distance to finish line
	3K -	12 laps plus distance to finish line
	4K -	17 laps plus distance to finish line
	5K -	21 laps plus distance to finish line

