NEW 30M EXCHANGE ZONE LAYOUT

4x100M- START OF NEW 30M EXCHANGE ZONE. SAME LOCATION AS OLD ACCELERATION TRIANGLE

4x100M- END OF 30M EXCHANGE ZONES REMAIN UNCHANGED.

30M ZONE

4x100M- SCRATCH LINE LOCATION REMAINS THE SAME AS OLD 20M ZONE, TYP.

4X100M- SCRATCH LINE LOCATION REMAINS THE SAME AS OLD 20M ZONE, TYP.

4x200M- END OF EXCHANGE ZONE REMAINS UNCHANGED

4x100M- SCRATCH LINE LOCATION PER NEW RULE

4x200M- START OF NEW 30M EXCHANGE ZONE. SAME LOCATION AS OLD ACCELERATION TRIANGLE

4x100M- END OF EXCHANGE ZONES, REMAIN UNCHANGED

4x200M- START OF NEW 30M EXCHANGE ZONE. SAME LOCATION AS OLD ACCELERATION TRIANGLE

4400M EXCHANGE ZONES REMAINS UNCHANGED, TYP.