Marking a Track for the New 30m Exchange Zone

Effective for the 2020 season, the NFHS has adopted a 30m exchange zone for relay legs of 100m and 200m. During this transitional phase until tracks are re-surfaced and re-painted, people are asking what might be done to make existing facilities compliant.

Currently, tracks have a 10m acceleration zone prior to a 20m exchange zone. The beginning of the acceleration zone is marked with a small triangle. The exchange zone is marked with large triangles at the beginning and at the end.

The CHSAA is making the following suggestions but is not recommending any option over another. It will be up to each facility to decide what will work best for them.

1) Do nothing. The new 30m zone would be from the start of the old acceleration zone to the end of the old exchange zone. Markings for the new exchange zone would include the small triangle at the beginning and the large triangle at the end. The large triangle in the middle of the new zone would be ignored.

2) Paint the small acceleration zone triangle into a large triangle to mark the beginning of the new zone. Again, the large triangle in the middle of the new zone would be ignored.

3) Choosing either the first or second option and “removing” the large triangle in the middle of the new zone by painting over it with a paint color that closely matches the track color.

Officials, coaches, and athletes should be aware that each track may implement a different option for marking the new 30m exchange zone. From meet to meet, relay teams should take the time to understand what markings define their zones.

Please contact K.C. Logan, Rules Interpreter, at 970-980-8113 or kclogan@hotmail.com with any questions.