

Waterfall and Double Waterfall guidelines:

800 – 1600 – 3200 – 4x800

The cut in procedures are very similar.

With 24 or fewer entries the single back waterfall line is possible unless the meet officials decide it's too crowded. In this case all runners may cut in immediately as long as they don't interfere. If meet officials decide 24 is too many they may use 16 as a guide for using only the single waterfall line.

It is recommended to put the better seeds on the outside of the track so they have clearance to the pole without worrying about runners on the outside of them.

If a double waterfall is used the recommendation is 1/3 of the field with the better runners at the upper (front) waterfall line and the remainder at the back waterfall line.

This means for example we have 30 competitors in the race, 10 runners placed at the upper waterfall line, seeds 1 – 10 and the remainder at the back waterfall line 11 – 30. Again put the better seeds on the outside of the waterfall lines

The upper waterfall line runners (lanes 5 – 8) must remain in those lanes up to the cut in line at the start of the back straightaway (same line as currently used for the 4x400 relay). The runners at the back waterfall line may cut in as soon as possible as long as there is no interference.

Painting recommendations, these are not required but recommended. White dots 3 meters behind the start of the waterfall lines to be the guides for the step-up start. Also, inside of lane 5 at the start of the front waterfall line, paint green dashes leading from the start line to the cut in line. These are intended to be a guide without the need to put cones out for every event using the double waterfall line.

Procedurally runners line up at the dots behind the waterfall lines, when given the "on your marks" command they step up to the waterfall lines and when all are motionless and behind the line the starter will fire the gun.



