

# Athletics Track Etiquette

1. Always run in a anti-clockwise direction.
2. For casual users keep out of lanes 1 & 2, this helps preserve the surface.
3. Think of the track as your local motorway: The fastest lane is to the left. Lane numbering starts at the innermost lane and goes up to 8 or 9 lanes. Lanes 1 and 2 are reserved for the fastest runners. Lanes 3 through 5 are generally for moderately fast runners, and the outermost lanes are for slow joggers, walkers or runners doing their warm-up or cool-down routines.
4. If a faster runner comes up behind you and wants to pass, they will shout, “track.” This is your cue to move to the right.
5. When passing someone, always give plenty of warning time. Say, “track,” wait for them to move over, and continue in your lane.
6. Never stand on the track, especially in lanes 1 or 2. Always look both ways before crossing the track.
7. Always be aware of nearby runners. When you finish an interval, look over your shoulder and move to the right as you stop. If you move left you are more likely to get run over by another runner.
8. Don't use headphones. Your iPod is for non-track days.
9. If the track is not busy, it's usually acceptable to do warm-up drills in the outermost lanes. Often this means you will be running back and forth on one straightaway. This is the only time it's OK to run in a clockwise direction. When in doubt, do your drills on the infield.
10. Don't allow pets or children to run freely on the track.