

**Running
Track**

**Clubrooms
Registration
Presentation**

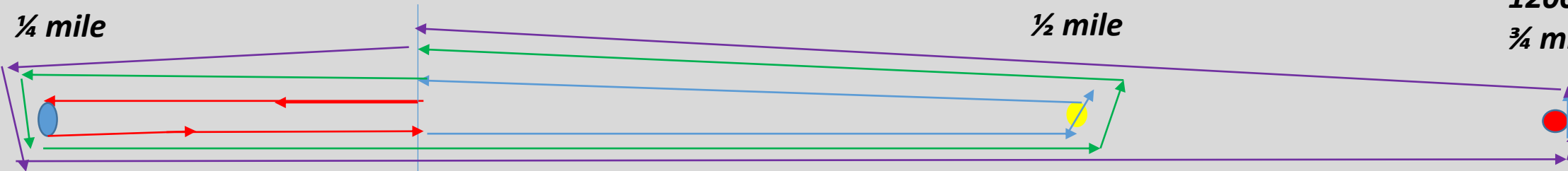
Note for athletes –
Steward & Blue Traffic Cone at 400m ¼ mile
Steward & Yellow Traffic Cone at 800m ½ mile
Steward & Red Traffic Cone at 1200m ¾ mile

**Start
Finish
Changeovers**

**400m
¼ mile**

**800m
½ mile**

**1200m
¾ mile**



Legend *–(not to scale)*

Leg 1 = 800m (1/2 mile).

Leg 2 – 1600m (1 mile).

Leg 3 = 2,400m (1.5 miles).

Leg 4 = 3,200m (2 miles).



Meath Athletics

Meath Athletics Road Relays

Sunday 8th April 2018

Hosted by Bohermeen AC

Ladies – 10am

Men – 10.40am