

# Track Etiquette

The 200m Indoor track and training facilities cater to all abilities, with track etiquette guidelines in place for safe and effective use:

- Follow directional signage and respect others.
- Wear appropriate clothing and store belongings in lockers in the Hub area.
- Please refrain from running along the track perimeter.
- Access to the stairs, level 3 walkways and main Arena seating is not permitted out with organised events.
- Enter and exit the track promptly.
- Be aware of nearby runners. Upon finishing an interval look over your shoulder and move off to the left to avoid colliding with other runners.
- Activities like throws, high jump, and hurdles must be supervised by coach
- Return equipment to proper storage.
- Between 5pm and 9pm (Monday to Friday) hurdle training restricted to lanes 4, 5 and 6 on the Training Sprint Track.
- Split large groups to free up space.
- All athletes, including wheelchair users, have equal access.
- Faster athletes should signal to pass slower ones by shouting "track."



**RUN AROUND  
THE TRACK  
ANTI-CLOCKWISE**



**NO  
HEADPHONES  
OR MOBILES  
WHEN RUNNING  
ON TRACK**



**NO SPITTING**



**NO FOOD  
OR DRINK**  
With the  
exception  
of water



**SPIKES ONLY  
(MAX6mm)**  
Cone, Christmas  
Tree or Pyramid  
in shape