

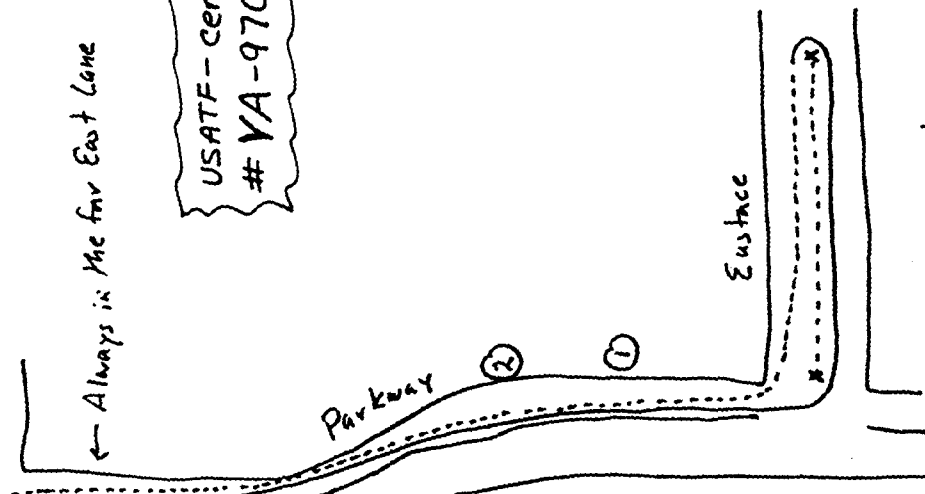
NVIS 14 STAFFORD HI.
measured by
Vic Colp 3/1

USATF - certified coach
VA-97003-RT

NT 610

← Always in the far East Lane

Out in Eastbound
Back in Westbound



X - Place Cones here

--- First Time

----- Second Time

↑ On shoulder
not roadway

Start - Middle Light Pole
in parking lot North
of midfield stadium
Gate

Finish - On Track at Mid
Field. Lines up with
Closest Corner of Davin

Turn Around - Sewer Cup on South
Side of Eustace just west
of Savannah. Go west
9.5 meters.

Mile 1 - 105 ft North Middle Water Meter
in West Park Rd

Mile 2 - 15 ft South of Pole 33

Mile 3 - Between Relay Run up Mark
@ 200 meter zone for 2nd & 3rd lane

