

Colchester Harriers Athletics Club

Track Rules & Training Etiquette

To ensure safety and enjoyment for all track users, particularly at times when both adults and juniors are using the track:

- Lanes 1–2: Endurance and middle distance training. Can be used by other groups by prior arrangement only. Athletes should keep to inside of lane 1, pulling out to lane 2 only to overtake slower runners as necessary or to transition to recovery (see also lane 3 below).
- Lane 3: Jog/walk recoveries (mainly seniors), otherwise buffer lane. Recovering athletes should take particular care when transitioning to/from lane 3.
- Lanes 4–7: Sprints
- Lane 8: Spare / hurdles (if available)
- Walk-back recoveries must be off the track or in lane 8 if clear
- For standing recoveries, step off the track immediately after completing a rep. In particular do not clog the start/finish and 200M lines.
- Do not cross the in-field unless authorised
- Do not run clockwise unless in lane 8 and when lanes 4-7 are not in use.
- Headphones must not be worn during training
- Respect coaches, officials and fellow athletes at all times

Athletes must dress appropriately and behave responsibly. Swearing, spitting or unsafe behaviour is not acceptable.

Adults are expected to set a positive example for younger athletes.