

## Track Etiquette in brief

- Walk on the grass round the outside of the track to our 'base'
- Don't walk across the infield
- Look both ways when stepping on the track
- The track is just for running, not chatting or waiting to start a rep
- Warm up and down in Lane 8 or on the grass outside of the track
- **Run in single file in Lane 2**
- Overtake on the right