**Track Etiquette & Rules**

The following are the track etiquette and UK Athletics rules which Halifax Harriers abides by:

**On the Track:**

1. Be aware at all times what is happening around you and look out for others using the track.
2. Athletes should run in an anti-clockwise direction. Warm up and cool down in a clockwise direction should be confined to the outer concrete or grassed areas.
3. Look both ways before moving across lanes.
4. If someone shouts ‘TRACK’ move to the right (towards the centre of the track) to let the faster runners pass you.
5. Don’t stop suddenly on the track.
6. Lanes 1 and 2 are not to be used for warm-up or cool-down running. Warm up and cool down should be confined to the outer concrete or grassed areas, especially on club training nights. The infield should never be used.
7. Lane 1 should be used for timed runs only. This is to avoid excessive wear of the track surface.
8. Warm up drills should not be undertaken near the 100m finish area to avoid excessive wear of the track surface. Preferably, drills should be undertaken on the bottom straight or the 100m start area.
9. Athletes must not cross the infield area at any time.
10. No ear or head phones to be used whilst using the track or infield area.
11. Correct footwear must be worn at all times. Track spikes must be a maximum of 6mm only.
12. Please use appropriate language and behaviour at all times and refrain from spitting on the track or infield area.

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