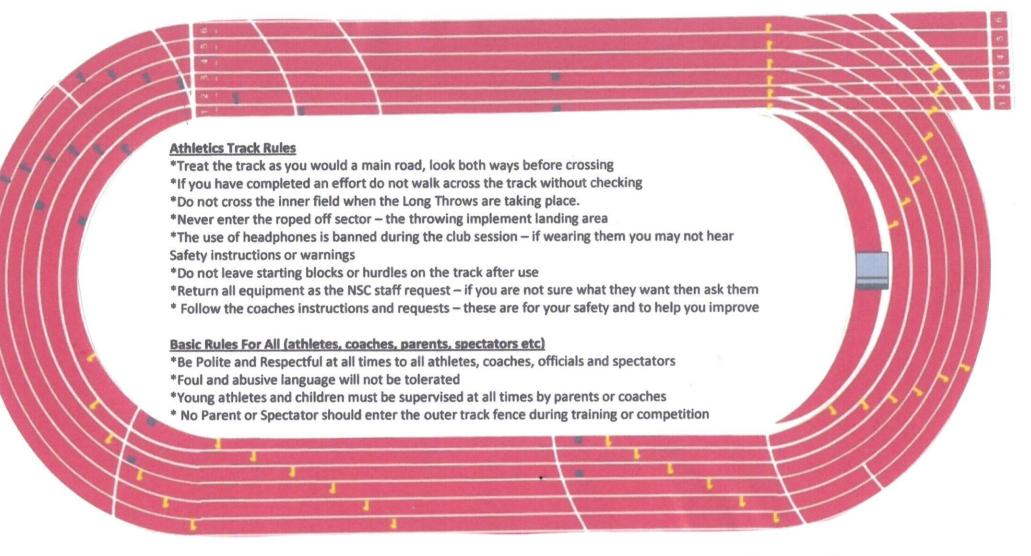
Manx Harriers - Track Etiquette for Thursday Night Training Sessions from 28/03/2019



Lanes 1, 2, 3 & 4 — Senior athletes (if Walkers, Sprinters and Middle Distances present coaches to discuss lanes)

Lanes 5&6 (plus 7&8 in home straight) - Junior athletes

7.30pm to 9pm - Lanes 4, 5 & 6 (plus 7&8 in the home straight) - Sprinters & Hurdlers