

TRACK RULES

1. 1 mile = approx. 10 laps.
2. Follow the directional signs.
3. No standing on the track to view events in the gym.
4. Stretch/warm-up exercises allowed in designated areas only.
5. Slower traffic to the outside, faster traffic to the inside.
6. No equipment is permitted on the track.
7. Appropriate athletic attire (including closed-toed athletic shoes) is required.
8. Be mindful of others using the track.

