

Reading Roadrunners Revised Track Rules as of the 11th October 2016

1. Always look before entering, crossing or leaving the track.
2. Always look before changing lanes.
3. Overtake on the right when in lanes 1 & 2.
4. Keep to the left when using lanes 1 & 2
5. Use lanes 5 & 6 for warm up's, cool downs and recoveries.

** Be alert to other track users: no spitting; no headphones; no bottles to be carried. If you need to walk or chat to a friend, please step off the track.

If you see others breaking the rules, call 'TRACK' and report the facts to your coach.