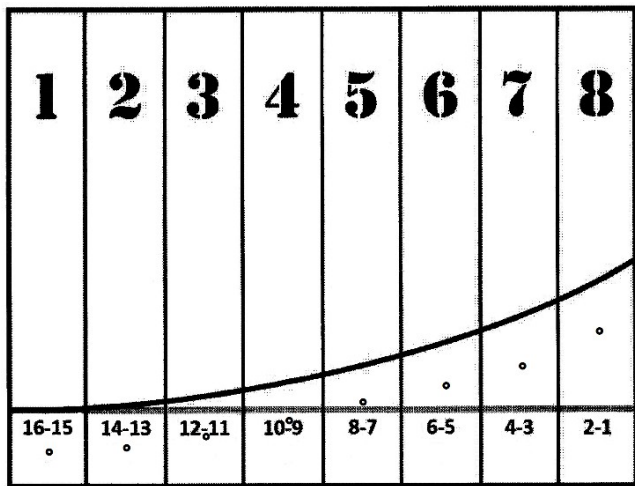


SINGLE Waterfall Seed Positions

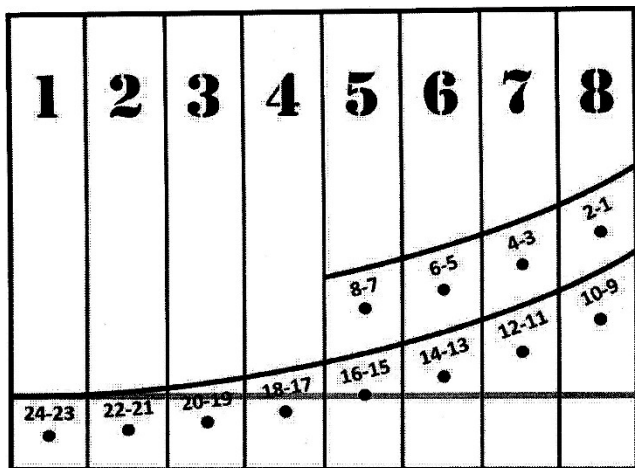


**Lower Waterfall**  
Cut to Pole at Gun

Seed Position ----->  
StepUp mark is 10FT >  
behind waterfall line  
Rule 5 3-6 NOTE 2

DOUBLE Waterfall Seed Positions

1-turn Stagger (Lane 5) -----> [44FT]



**Upper Waterfall**  
Cut to Lane 5 at Gun  
Then ...  
Cut to Pole at  
1st Straightaway

Seed Position ----->  
StepUp mark is 10FT >  
behind waterfall line  
Rule 5 3-6 NOTE 2

Shortcut for measuring ...

The 1- turn stagger for Lane 5 (44FT) = The 2-turn stagger for Lane 3 (44FT)

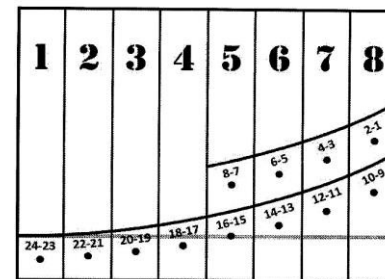
You have a meet today. You arrive at the track and the waterfall start lines are not there! OK, now what?

You check out **2023 NFHS Rule 5-3-6** and find the wording includes "The curved starting line MAY be established by" and "distance for spacing of the pins is ARBITRARY and SUFFICIENTLY accurate."

So relax, chalking, and even painting waterfall starting lines is not an exact science. You can do it!

The rule book states, "drive a row of pins." What? Nobody wants "pins" or "nails" or anything driven into the surface of their track. All you need is a dozen 3' Garden Stakes, a dozen 'volunteer' athletes, a 165' tape measure and some sidewalk chalk.

- Put an **X** 12" from the inside lane line of LANE 1 on the start/finish line.  
(NOTE: For the UPPER WATERFALL, put the **X** 12" from the inside lane line of LANE 5 on the 1-turn stagger 44' forward from the common finish line. Repeat steps 2-6).
- Put TEN more **X**'s about 8-inches from the inside lane line of LANE 1 (then LANE 5) beginning from the original **X** every 10' (or 3 large steps). The rule book states 12-inches out from a raised inside curb, if you have a curb.
- Recruit a DOZEN volunteers to hold Garden Stakes on each chalked **X**. Then have them face the OUTSIDE of the track.
- Beyond the final Garden Stake hold down the end of your tape and stretch the tape following the curve of Garden Stakes touching each one all the way back to the ORIGINAL **X**. You might need a tape measure longer than 100'.
- At the starting line, use **WHITE** sidewalk chalk and strike an arc from the original **X** in LANE 1 to the outside of LANE 8. Keep tension on the tape as you strike the arc while it comes off each successive Garden Stake.  
6. In the center of each lane **BRUSH** chalk to place step-up marks 10' (or 3 large steps) back from the curved line you just drew. The shape can be a dash, circle or square.



1 Dozen 3-FT Garden Stakes



165-FT Tape Measure



Sidewalk Chalk



1 Dozen Volunteers

