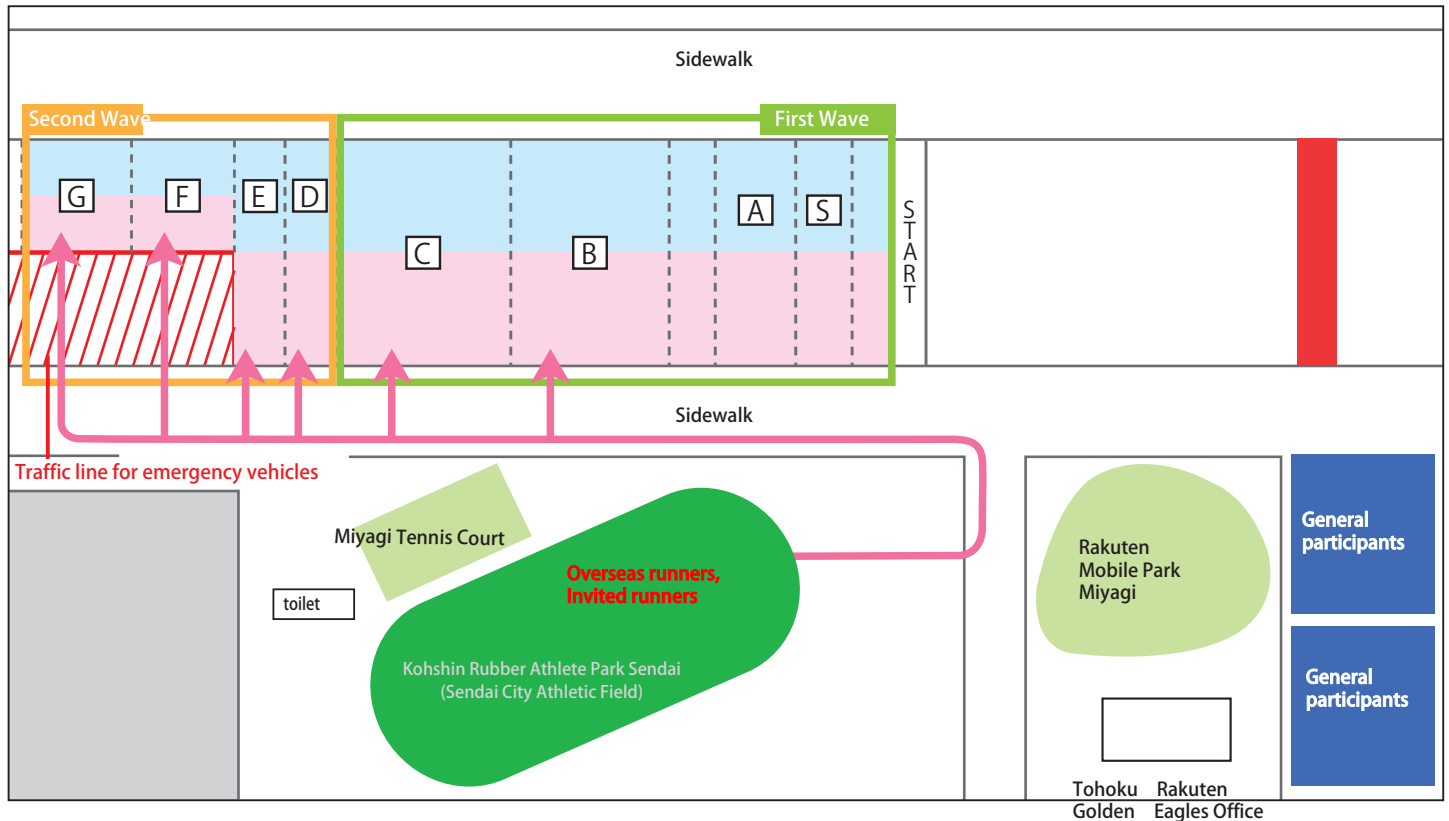


How to line up in the Starting Block (traffic line)



The call time of starting blocks differ depending on their waiting area.

- When lining up in the starting block, male runners should line up on the left side, and female runners should line up on the right side facing the starting line.
- If a runner cannot make it to the Second Wave start time of 10:10 a.m., they will be disqualified from the race.