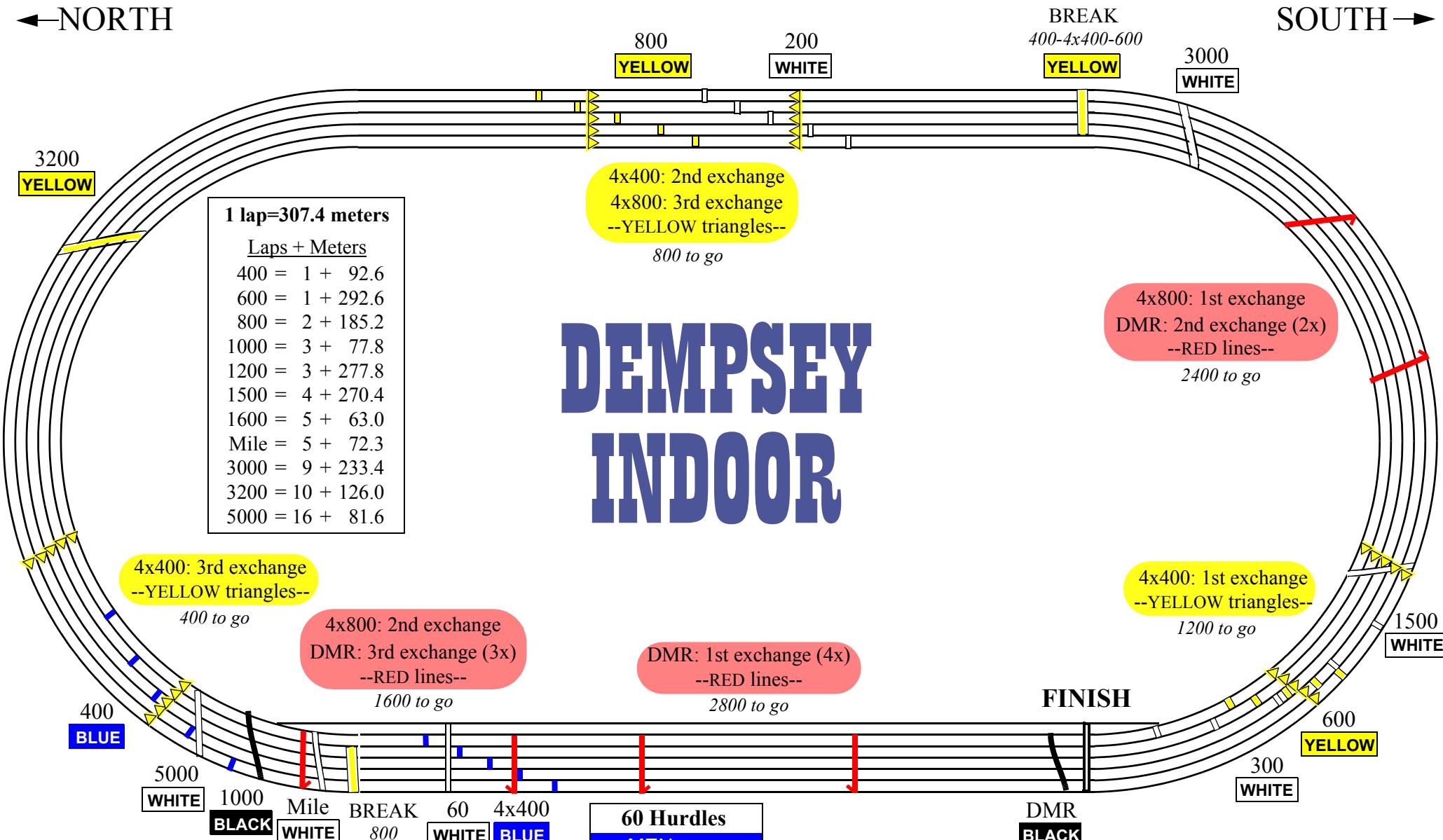


←NORTH

SOUTH→



DEMPSEY INDOOR

-at 1st exchange zone: #1 runner will go by three times and handoff is on the next time.
-at 2nd exchange zone: #2 runner will go by one time and handoff is on the next time.
-at 3rd exchange zone: #3 runner will go by two times and handoff is on the next time.
-Finish: #4 runner is done at the 6th time across finish line. (i.e. 63m plus 5 full laps)