



William "Bill" Haskell  
Memorial Gymnasium & Track  
Information & Rules

1. Prior to entering, all individuals must sign-in at the front desk.
2. Clean, dry, non-marking sneakers are required. No street shoes or bare/stocking feet are allowed at any time.
3. Only spectators may enter with street shoes and for the purpose of accessing the bleachers.
4. Youth in grades 2 & under are not permitted in the gym, unless directly supervised by a parent/guardian.
5. Youth in grades 5 & under are not permitted on the track, unless participating with a parent/guardian.
6. Water ONLY allowed. No food, chewing gum or other drinks permitted.
7. Strollers/walkers/wheelchairs are permitted, granted they have clean, dry wheels.
8. Shirts are required at all times.
9. No foul or abusive language.
10. Use equipment only for its intended use. Pick up when done.
11. Walkers on track use the inside lanes, while runners use the outside lanes.
12. No stopping on the track and no more than two walkers across.
13. Walk/Run in the direction noted for each day:  
    Tuesday/Thursday/Saturday – Clockwise  
    Monday/Wednesday/Friday/Sunday - Counter Clockwise
14. Track distance:  
    Inside Lane: 14.5 laps = 1 mile  
    Outside Lane: 13 laps = 1 mile
15. Respect the facility and other users.

We appreciate your cooperation!