MASSACHUSETTS CENTRAL RAILROAD CORPORATION

On Track
Safety Procedures Manual
Effective 1201am, May 1, 2016

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INTRODUCTION

The Massachusetts Central Railroad's Roadway Worker Protection Program and On-Track Safety Plan was prepared to conform to the requirements outlined in 49 CFR Part 214.

The purpose of the program is to promote and ensure the protection and safety of railroad employees, contractors, and sub-contractors engaged in maintenance-of-way activities on the railroad property.

Safety is a shared responsibility, requiring the railroad to provide a safe workplace and the required training to enable roadway workers to understand and comply with the program rules and requirements for on-track safety.

Each roadway worker, including contractors and subcontractors, is responsible for:

- Knowing and following the rules governing on-track safety
- Staying clear of any track until the work activity requires fouling the track
- Determining that the proper on-track protection has been provided before fouling the track
- Ensure that a safety job briefing is held before performing and on-track work
- Wearing personal protective equipment (PPE) that is required for all roadway workers, which includes the following: hard hat, reflective vest, work boots, gloves, and safety glasses (when work requires eye protection)

SAFETY STATEMENT

The management and employees of the Massachusetts Central Railroad are committed to the belief that safety is of the first concern and safety needs to be practiced at all times when performing duties.

On-track safety for all roadway workers including contractors and subcontractors involved in the maintenance of way and other track related work requiring the fouling of a track must be carried out in accordance with the requirements of 49 CFR Part 214 and the rules set forth in this plan.

The Roadway Work Protection Program and On-Track Safety Plan are provided to each roadway worker for use while performing their duties and as required by FRA regulations. A copy of this should be available to roadway workers while on duty.

Section 1
DEFINITIONS

Adjacent Track: Two or more tracks with centers less than 25 feet

Competent Person: A person who is capable of identifying existing and predictable hazards in the workplace and who is authorized to take prompt corrective measures to eliminate the hazard.

Controlled Track: A track upon which all movements of trains must be authorized by a train dispatcher or control operator.

Derail: A track safety device that guides equipment off the rails at a selected spot to prevent collisions.

Effective Securing Device: A device when used in relation to a manually operated switch or derail means one which is:

a. Vandal Resistant;
b. Tamper Resistant; and
c. Designed to be applied, secured, uniquely tagged and removed only by the class, craft or group of employees for whom protection is being provided.

Employee: An individual who is engaged or compensated by a railroad or by a contractor to perform any of the duties defined in this plan.

Employee in Charge: The employee who is responsible for the On-Track Safety Protection, also known as Roadway Worker in Charge (RWIC). By definition a Lone Worker is considered an Employee in Charge (EIC).

Employer: An Employer is the railroad, contractor or subcontractor performing work for the railroad that directly engages or compensates individuals to perform any duties defined in this plan.

Exclusive Track Occupancy: A method of establishing working limits on a controlled track in which movement authority of trains and other equipment is withheld by the train dispatcher or control operator, or restricted by the flagman as prescribed in CFR 49 Part 214.321.

Flagman: When used in relation to roadway worker safety means an employee designated by the railroad to direct or restrict the movement of trains past a point on a track to provide on-track safety for roadway workers, while engaged solely in performing that function.

Foul Time: Is a method of establishing working limits on controlled track in which a roadway worker is notified by the train dispatcher or control operator that no trains will operate within a specific segment of controlled track until the roadway worker reports clear of the track, as prescribed in 49 CFR 214.323.

Fouling a Track: Means the placement of an individual or an item of equipment is such proximity to a track that the individual or equipment could be struck by a moving train or on-track equipment, or in any case is within four feet of the field side of the near running rail.

Hi-rail vehicle: A roadway maintenance machine that is manufactured to meet Federal Motor Vehicle Safety Standards and is equipped with retractable flanged wheels so that the vehicle may travel over the highway or railroad tracks.

Inaccessible Track: A method of establishing working limits on non-controlled track by physically preventing entry and movement of trains and equipment.

Individual Train Detection: A method by which a lone worker acquires on-track safety be seeing approaching trains and leaving the track before they arrive and which may be used under circumstances defined in the plan.

Lone Worker: Is defined as an individual roadway worker who is not being afforded on- track safety by another roadway worker, who is not a member of a roadway worker group and who is not engaged in a common task with a roadway worker.

Non-controlled Track: Tracks upon which trains are permitted by railroad rule or special instructions to moving without receiving authorization from a train dispatcher or control operator.

On-track Roadway Maintenance Machine: A self-propelled, rail mounted, non-highway maintenance machine whose light weight is in excess of 7,500 pounds and whose purpose are not for the inspection of railroad track.

On-Track Safety: Defined as a means to establish a state of freedom from the danger of being struck by a moving train or other railroad equipment, provided by operating and safety rules that govern track occupancy by personnel, trains and on-track equipment.

Qualified: Defined as a the status attained by an employee who has successfully completed any required training for, has demonstrated proficiency in, and has been authorized by the employer to perform the duties of a particular position or function.

Railroad Bridge: A structure supporting one or more railroad tracks above land or water with a span length of 12 feet or more measured along the track centerline. The term applies to the entire structure between the faces of the back walls of abutments or equivalent components, regardless of the number of spans, and includes all such structures whether of timber, stone concrete, metal or any combination thereof.

Railroad Bridge Worker or Bridge Worker: Any employee of a railroad, contractor or subcontractor to a railroad who is responsible for construction, inspection, testing, or maintenance of a bridge who assigned duties, if performed on the bridge include inspection, testing, maintenance, repair construction, or reconstruction of the track, bridge structural members, operating mechanisms and water control systems, or signal, communication, or train control systems integral to that bridge.

Restricted Speed: A speed that will control the movement in order to

a. Permit stopping within one half the range of vision short of other trains or railroad equipment occupying or fouling the track, obstructions, switches not properly lined for movement, derails set in the derailing position, or any signal requiring a stop;
b. Look out for broken rails and misaligned track; and
c. Not exceed 20 mph outside of interlocking limits and 15 MPH within Interlocking limits.

This restriction applies to the entire movement, unless otherwise specified in the rule or instructions that require Restricted Speed.

Roadway Maintenance Machine: A device powered by any means of energy other than hand power which is being used on or near railroad track for maintenance, repair, construction or inspection of track, bridges, roadway signals, communications or electric traction systems. Roadway maintenance machines may have road or rail wheels or may be stationary.

Roadway Work Group: Two or more roadway workers organized to work together on a common task

Roadway Worker: Any employee of a railroad, or a contractor of the railroad, whose duties include section, construction, maintenance or repair of railroad track, bridges, roadway, signal and communication systems, electric traction systems, roadway facilities or Roadway Maintenance Machinery on or near track with a potential of fouling a track; and Flagmen and Watchmen/Lookouts as defined in this program.

Train Approach Warning: A method of establishing On-Track safety by warning roadway workers of the approach of trains in ample time for them to move or remain in a place of safety in accordance with the requirements of the plan.

Train Coordination: A method of establishing working limits on track upon which a train holds exclusive authority to move whereby the crew of that train yields that authority to a roadway worker.

Train Dispatcher: The railroad employee assigned to control and issue orders governing the movement of trains on a specific segment of railroad track in accordance with the operating rules of the railroad that applies to that segment of track.

Watchman/Lookout: An employee who has been annually trained and qualified to provide warning to roadway workers of approaching trains or on-track equipment. Watchmen/lookouts shall be properly equipped to provide visual and auditory warnings such as whistle, air horn, white disk, red flag, lantern, or fusees. A watchman/lookout's sole duty is to look out out for approaching trains/on-track equipment and provide at least fifteen sections advanced warning to employees before arrival of trains/on-track equipment.

Working Limits: A segment of track within defined boundaries established in accordance with this program upon which trains and engines may only move as authorized by the roadway worker having control over that defined segment of track. Working limits may be established through Exclusive Track Occupancy, Inaccessible Track, Foul Time, or Train Coordination as defined in the program.

Section 2

RAILROAD PROFILE AND CONTACT PERSONS

Railroad Information:
Massachusetts Central Railroad
850 South Barre Road, P.O. Box 250
South Barre, Massachusetts 01074
Telephone: 978-355-0029, Fax: 978-355-3455
Railroad operates in the following state(s): Massachusetts

Railroad Contact Person:
David Roy
Operations Manager
Massachusetts Central Railroad
850 South Barre Road, P.O. Box 250
South Barre, Massachusetts 01074
Telephone: 978-355-0029, Fax: 978-355-3455, Cell: 508-450-1273

Alternate Contact Person:
Jeffrey Chiasson
Track Supervisor
Massachusetts Central Railroad
850 South Barre Road, P.O. Box 250
South Barre, Massachusetts 01074
Telephone: 978-355-0029, Fax: 978-355-3455, Cell: 413-246-7540

Effective Date: May 1, 2016

Operating Authorities in effect:
NORAC Rule 97
NORAC Rule 98
NORAC Form D
Timetable #10

On-Track Safety Procedures in Effect:

Exclusive Track Occupancy:	Yes
Foul Time:	Yes
Inaccessible Track:	Yes
Train Approach Warning (Watchman/Lookouts):	Yes
Definite Train Location:	No
Informational Line-ups:	No
Track and Time:	No
Conditional Stop Order:	No
Individual Train Detection:	Yes
Occupied Track Flags:	No
Train Coordination:	Yes
Procedures for Lone Workers:	Yes

Section 3
ADMINISTRATION

Responsibilities of Employers (49 CFR Section 214.311)

The Massachusetts Central Railroad will:

1. Provide each Roadway Worker responsible for the on-track safety of others, and each lone worker, shall be provided with and shall maintain a copy of the program document. The program and plan and Railroad Operating Procedures governing track occupancy and protection will be contained in a single manual and will be readily available to all roadway workers (49 CFR 214.309).
2. Provide safety training to all Roadway Workers.
3. Provide all on-track Safety Supervisors, or designated person, a copy of the Roadway Worker Protection Program and On-Track Safety Plan. Copies shall also be available at the job site.
4. Insure that all Roadway Workers receive a job briefing of the specific on-track safety protection that will be provided for each job assignment.
5. Require that each Group of Roadway Workers have a trained Employee-In –Charge (EIC) to provide safety measures for the group and that the group be informed before any member of the group fouls a track.
6. Advise each Roadway Worker regarding on-track safety provisions and the rights of the employee.
7. Guarantee the each Roadway Worker have the absolute right to a "Good Faith Challenge" if concerned that the on-track safety procedures to be applied are not in conformance with the On-Track Safety Rules of the Railroad, and will remain clear of the track until the challenge is resolved.
8. Make available printed "Good Faith Challenge" forms for Roadway Workers.
9. Establish procedures to insure prompt and equitable resolution to "Good Faith Challenges."
10. Require that the locomotive whistle be sounded and the bell rung by trains approaching Roadway Workers.
11. Establish specific provisions for the safety of Roadway Workers who operate or work near Roadway Maintenance Machinery.

Responsibilities of Employees (49 CFR 214.313)

Roadway workers who are employees of the Railroad or a Contractor of the railroad will:

1. Be responsible for following the on-track safety rules of the railroad upon which the roadway worker is located.
2. Shall not foul a track except when necessary for the performance of duty.
3. Must have a Job Briefing to make certain that the proper on-track safety has been provided before fouling the track.
4. May not accept an assignment to perform the duties of a Roadway Worker until trained in On-Track Safety Procedures for the assignment to be performed and have demonstrated the ability to fulfill the responsibilities for on-track safety that is required of a Roadway Worker performing that assignment.
5. If an employee makes a “Good Faith Challenge” that the safety provisions for the assignment may not be in compliance with the railroad’s On-Track Safety Rules, the employee shall refuse any mandate by the railroad to violate the safety rules until the challenge is resolved.
6. Each Roadway Worker Supervisor or Employee-In-Charge will have at the job assignment up to date copies of the On-Track Safety Plan and “Good Faith Challenge” forms.

Employees’ Right to Challenge On-Track Safety Procedures

1. A Roadway Worker has an absolute right to challenge in good faith whether the on-track safety procedures applied at the work site comply with the Railroad On- Track Safety Program and Operating Rules. The Roadway Worker making such a good faith challenge may remain clear of the track until the challenge is resolved as provided herein and may refuse any directive to violate an on-track safety rule.
2. Prior to initiating a challenge, the Roadway Worker shall discuss the on-track safety procedures at the job site with the Employee-in-Charge, clarify any misunderstandings, about the procedures being used and attempt to resolve and difference of opinion concerning those procedures.
3. If a Roadway Worker has decided to challenge the on-track safety procedures to be applied at the job site, the employee must:
    a. Do so in “Good Faith”, i.e. must have an honest concern on whether the on-track safety procedures comply with the Railroad rules, and such concern is of a nature that a reasonable person under the same circumstance would also have a concern;
    b. Immediately notify the Employee-in-Charge who will promptly notify the Supervisor or Designee and notify all others members of the Group of the potential danger (s); and
    c. Be able to explain the concerns regarding the on-track procedures being applied.

Procedures for the Prompt and Equitable Resolution of Good Faith Challenges

1. A Roadway Worker making a “Good Faith” challenge that the on-track safety procedures being applied at the job site do not comply with the Railroad On-Track Safety Program and Operating Rules shall explain the basis for those concerns to the immediate supervisor or designee. This explanation shall be written on a “Good Faith Challenge Form”. The form shall include the following information:
    a. Identification of the Roadway Worker, the Supervisor and the Work Location.
    b. A full description of the On-Track Safety procedure and challenge. c. A citation of the applicable safety and operating rules.
    c. A full description of the Roadway Worker’s basis for challenging the on-track safety procedures applied at the job site: and,
    d. The names of other employees (including supervisor(s) and EIC’s, with of the facts applicable to the challenge at that location.
2. The Roadway Worker’s immediate supervisor shall review the roadway workers statement of fact and;
    a. Determine if the Roadway Workers Roadway Workers statement of the applicable on-track safety procedures at the job site is accurate, and,
    b. Determine if the procedures applicable at the job site comply with the Railroad On-Track Safety Program and Operating Rules.
3. The involved Roadway Worker and the Supervisor shall attempt to resolve the challenge. Where the challenge is not resolved, and the supervisor determines that the on-track safety procedures being applied at the job site comply with the Railroad’s Safety Program and Operating Rules, the supervisor shall notify the railroad worker and document the determination on the “Challenge Form”. If the challenge is resolved, the supervisor shall forward the “Challenge Form” to the General Managers office.
4. If the Roadway Worker’s Challenge has not been resolved, it will be forwarded to the Operations Manager for review. The immediate supervisor is responsible for ensuring that the Challenge is forwarded to the Operations Manager. The Operations will be provided with the information previously provided to the supervisor and an explanation of why the supervisor determination was rejected.
5. The Operations Manager will review the “Challenge” to determine if the on-track safety procedures being applied at the job site are in compliance with the Railroads Safety Program and Operating Rules. The Operations Manager shall be responsible to contact those parties, as necessary, in order to make a determination. Should the Operations Manager find that the on-track safety procedures at the job site are inadequate, arrangements shall be made for program and rules compliance, allowing the Roadway Worker to foul the track.

If the On-Track Safety Procedures are found to comply with the Railroad’s Safety Program and Operating Rules, then a detailed response shall be given to the Roadway Worker explain that the “Challenge” is NOT valid, and the “Challenge” is resolved and the Roadway Worker is instructed to resume assigned duties.

Job Briefings

1. All employees must ensure that they receive a Job Briefing before the foul any track.
    a. The Job Briefing must include a general plan and procedures the work will follow and the on-track protection procedures to be used;
    b. The Job Briefing must define the work assignments and will be considered complete only after all employees have acknowledged understanding of the on-track protection procedures being used;
    c. The Job Briefing must inform employees where the must go if it is necessary to clear for trains: and,
    d. Additional Job Briefings will be conducted with all employees in the work group when the on-track protection changes due to changes in the work or other circumstances.
2. All employees must insure that that they receive a Job Briefing before they foul any track. They must also acknowledge understanding of the on-track safety procedures and instructions presented during the Job Briefing to the person holding the Job Briefing.
3. Roadway Worker Groups, whose duties require fouling a track, must have one Employee designated as an Employee-In-Charge responsible for providing on-track protection. The EIC must be qualified on NORAC Rules as well as the On-Track Safety Program in order to provide protection. The Employee-In-Charge must do the following:
    a. Conduct a Job Briefing with all employees involved in the assignment. b. The Job Briefing will include what type of on-track protection is being provided and the safety procedures to be followed.
    b. The employee responsible for obtaining the on-track protection must obtained the protection before allowing any employee to foul a track.
    c. The Job Briefing will only be complete after all involved employees acknowledge understanding of the on-track protection being provided.
    d. The EIC must insure that each employee is informed whenever the on-track protection procedures change during the work period. This information must be given to all employees in the Roadway Worker Group before the change becomes effective, except in the case of emergency.
    e. Employees who because of an emergency cannot be notified in advance shall immediately be warned to clear the fouling space and shall not return until on- track protection is reestablished
    f. All employees in the Roadway Worker Group must be notified when the work limits are is released for the operations of trains.
    g. The work area limits shall not be released until all affected employees have either left the track or have been afforded on-track protection by a Watchmen/Lookout.
4. A Lone Worker who fouls a track must have a Job Briefing with a supervisor or other designated person (Train Dispatcher) at the beginning of duty. This briefing must include:
    a. The planned itinerary.
    b. The on-track protection procedures to be used.
    c. Instructions on completing a Statement of On-Track Safety (SOTS) using the provided forms.
    d. The SOTS must be carried by the Lone Worker when performing duties on- track.

Section 4

RESPONSIBILITIES, TRAINING, AND QUALIFICATION REQUIREMENTS

All Roadway Workers' Responsibilities

All Roadway Workers are responsible for the following:

1. Following the On-Track Safety Rules of the Railroad (NORAC Rule B).
2. Not fouling the track except when necessary for the performance of duties.
3. Ensuring that On-Track Safety protection is provided prior to fouling a track.
4. Refusing a railroad directive to violate an On-Track Safety Rule, and shall inform the employer whenever the Roadway Work makes a "Good Faith" determination that the On-Track safety provisions to be applied at the work site location do not comply with the rules of the railroad.
5. Be qualified under NORAC Rules and be familiar with the railroad's operations.
6. Report to the Supervisor or Designated person, prior to each duty assignment to receive a job briefing for the On-Track Safety measures that will be provided. (NORAC Rule 4).
7. Acknowledge that the instructions provided at the Job Briefing are understood by all. Note: The Job Briefing can be face-to face or via telephone.

Initial Training
Prior to being assigned as an employee with Roadway Worker duties, a training program will be provided and shall include the following topics:

1. The Roadway Worker's responsibility for requirements with the Railroad's Rules for On-Track Safety, including understanding of space (fouling) around tracks where On- Track safety is required.
2. The functions and responsibilities of the various individuals involved in On-Track

1. Safety rules and practices, including Track Foremen and Lookouts/Watchmen
2. Proper compliance with on-track safety instructions given by persons performing or responsible for on-track safety functions.
3. Signals given by watchmen/lookouts, and the proper procedures upon receiving a train approach warning from a lookout.
4. Awareness of the hazards associated with on or near railroad tracks including a review of the Railroad's On-Track Safety Plan and Operating Rules.

Annual Training
All Roadway Workers will be provided On-Track Safety Awareness Training every calendar year on the on-track safety rules and procedures.

Qualifications
All Roadway Workers will be required once every calendar year to pass a written examination of on-track safety rules and procedures.

Employee-In Charge (Roadway Worker Group)

Each Work Group will be assigned an Employee-In-Charge prior to each job assignment. All members of the Work Group will follow all On-Track Safety Rules and not foul a track unless granted permission from the EIC. The Employee-In-Charge will:

1. Be qualified under NORAC Rules and be familiar with the railroad operations.
2. Be qualified on all on-track safety training required of Roadway Workers
3. Relay the Job Briefing to each member of the Roadway Worker Group prior to the beginning of each job assignment. The job briefing can be face-to-face, transmitted via the radio or via telephone.
4. Be qualified on the on the physical characteristics of the railroad.

Initial Training

Training of Roadway Workers responsible for proving either work limits or assigning Watchmen/Lookouts or Flagman shall include at a minimum the following:

1. All the on-track safety training and qualification required of the roadway workers to be supervised and protected.
2. The content and application of the operating rules of the railroad pertaining to the establishment of the working limits.
3. Qualified on the physical characteristics of the territory of the railroad where the employee will be assigned.

Lone Worker

A Lone Worker is an individual Roadway Worker who is not being afforded On-Track safety by another Roadway Worker, who is not a member of a Roadway Worker Group and who is not engaged in a common task with another Roadway Worker. (49CFR Part 214.7)

Individual train detection may only be used to establish on-track safety only:

1. By a Lone Worker who has been trained, qualified and designated to do so by the employer in accordance with 49 CFR Part 214.347.
2. While performing routine inspection and minor correction work.
3. On a track outside the limits of a manual interlocking, a controlled point or a remotely controlled hump yard facility.
4. Where the Lone Worker is able to visually detect the approach of a train moving at maximum speed authorized on that track and being able to move to a previously determined place of safety not less than 15 seconds before the train would arrive at the location.
5. Where no power-operated tools or roadway maintenance machines are in use within the hearing distance of the lone worker.
6. Where the ability of the lone worker to hear and see approaching trains and on- track equipment is not impaired by background noise, lights, precipitation, fog, passing trains or any other physical conditions.

The place of safety to be occupied by a lone worker upon the approach of approach of a train may not be a track, unless working limits are established on that track.

A lone worker using individual train detection for on-track safety while fouling a track may not occupy a position or engage in any activity that would interfere with that workers ability to maintain a vigilant lookout for, and detect the approach of a train moving in either direction.

A lone worker who uses individual train detection shall first complete a written

Statement of On-Track Safety. The statement shall designate the limits of the track which it is prepared and the date and time for which it is valid. The statement shall show the maximum authorized speed of trains within the limits for which it is prepared, and the sight distance that provides the required warning of approaching trains.

The lone worker using individual train detection to establish on-track safety shall produce the Statement of On-Track Safety when requested by a representative of the FRA.

Each Lone Worker and employee shall be trained and qualified by the employer to establish on track safety.

The training and qualification of a lone worker shall include at a minimum the following:

a. Detection of approaching trains and prompt movement to a place of safety upon their approach
b. Determination of the distance along the track at which trains must be visible in order to provide the prescribed warning time.
c. Rules and Procedures prescribed by the railroad for individual train detection, establishment of working limits and definite train location.
d. On-track safety procedures to be used in the territory on which the employee is to be qualified and permitted to work alone.

Watchmen/Lookouts

An employee who has been annually trained and qualified to provide warning to roadway workers of approaching trains or on-track equipment.

Watchmen/lookouts shall be properly equipped to provide visual and auditory warnings, such as whistle, air horn, white disk, red flag, lantern, or fusees.

Watchman/lookouts' sole duty is to lookout out for approaching trains/on-track equipment and provide at least fifteen sections advanced warning to employees before arrival of trains/on-track equipment.

Watchmen/Lookouts must be able to give a warning of an approaching train by one of the following methods:

a. A train warning signal used by the Watchmen/Lookout must be distinguishable to the Roadway Workers in the work area.
b. The warning should be distinctive to insure that all Roadway Workers hear or receive the warning regardless of their position.
c. Watchmen/Lookouts must insure that they are properly equipped to perform their duties.

Each Watchmen/lookout shall be trained and qualified by the employer to establish on track safety.

a. The detection and recognition of approaching trains.
b. Effective warning of roadway workers of the approach of trains.
c. Determination of the distance along the track at which trains must be visible in order to provide the prescribed warning time.
d. Rules and procedures of the railroad to be used for train approach warning.

Flagmen

When used in relation to roadway worker safety, means an employee designated by the railroad to direct or restrict the movement of trains past a point on a track to provide on- track safety for roadway workers, while engaged solely in performing that function.

Each flagman shall be trained and qualified by the employer to establish on track safety:

a. The ability to detect and recognize approaching trains.
b. Warnings available for roadway workers of approaching trains.
c. The ability to determine the distance along the track to provide sufficient warning time.
d. Knowledgeable of the railroads on-track safety procedures.
e. Knowledge of the railroads operating rules and on-track safety rules pertaining to the proper signals to be given to stop or hold trains approaching working limits.

Operators of Roadway Maintenance Machines

Roadway Maintenance Machine is a device powered by any means of energy other than hand power which is being used on or near railroad track for maintenance, repair, construction or inspection of track, bridges, roadway signals, communications or electric traction systems. Roadway maintenance machines may have road or rail wheels or may be stationary.

Responsibilities

1. Each employer shall include in its on-track safety program specific provisions for the safety of roadway workers who operate or work near roadway maintenance machines. That provision shall address:
    a. Training and qualifications of operators of roadway maintenance machines.
    b. Establishment and issuance of safety procedures both for general application and for specific types of machines.
    c. Communication between machine operators and roadway workers assigned to work near or on roadway maintenance machines.
    d. Spacing between machines to prevent collisions.
    e. Space between machines and roadway workers to prevent personal injury.
    f. Maximum working and travel speeds for machines dependent upon weather, visibility and stopping distances.
2. Instructions for the safe operation of each roadway machine shall be provided and maintained with each machine large enough to carry the instruction document:
    a. No roadway worker shall operate a roadway maintenance machine without having been trained in accordance with 49 CFR 214.355.
    b. No roadway worker shall operate a roadway maintenance machine without having a complete knowledge of the safety instruction applicable to that machine.
    c. No employer shall assign roadway workers to work near roadway machines unless the roadway worker has been informed of the safety procedures applicable to persons working near the roadway machine and has acknowledged full understanding

Training (General)

Prior to the assignment of a roadway worker to operate the roadway maintenance machine the roadway worker will receive train which shall include, but is not limited to the following:

1. Safety procedures applicable to the specific roadway maintenance machine and any explicit technical functions of the machinery being operated.
2. Proper communication procedures to be used between the roadway worker machine operator and other roadway workers, including radio communication.
3. Procedures to prevent collisions with a train or other machines.
4. Procedures to prevent personal injury.
5. Maximum working and travel speeds for machines depending on weather, visibility and stopping distances, including stopping capabilities on grade or when visibility is further restricted because of weather conditions.
6. Physical characteristics training on the rail line where the equipment will be used.
7. Responsibilities of the workings when working around the machines
8. Training in specific signals being used
9. Training in the hazards of the specific work environment.

Roadway Maintenance Machine Operator Training

Training for the operator of the roadway maintenance machine shall include, as a minimum the following:

1. Operating procedures to prevent hitting a person.
2. Operating procedures to prevent the roadway maintenance machine from being struck by trains.
3. Operating procedures to properly stop the machine from striking other machines or obstructions on the track.
4. Method to determine the safe operating procedures for each machine that the operator is expected to operate.

Qualifications

Training officers and person in charge will determine the ability of the operator to fulfill the on-track safety requirements of the assignment.

General Applications

1. The Operator shall be qualified, through proper training, to operate the machine.
2. The roadway worker shall have access to the Operator’s manual to determine the safe operating procedure of the machine.
3. A job briefing must be prior to any operations of the roadway maintenance machine when duties will involve fouling the track.
4. The job briefing shall communicate the safe working procedures for working around any and all machines involved in the task.
5. Roadway workers must be aware of the normal machine operating procedures, location of employees working around the machine, any special working conditions, and any signals to be used in the movement of the equipment.
6. Establish proper communication between roadway maintenance machines and roadway workers.
7. A 200’ distance shall be maintained between equipment while traveling or a stopping distance of “half the range of vision” shall be maintained at all times except, the distance shall be increased if conditions warrant a great stopping distance due to weather, grade or visibility.

Hi-rail Dump Trucks

1. Obtain the operator attention prior to approaching the truck.
2. Approach the truck from the driver's side.
3. A 20' space shall be established between any roadway maintenance machine or roadway workers unless communication between the operator and the worker has been established due to normal working procedures of the assignment dictate a closer proximity.

Hi-rail Backhoe

1. Approach the backhoe in clear view of the operator and get his attention prior to approaching the cab.
2. No worker shall be closer than 10 feet from the outer most reach of the backhoe bucket.

Section 5
ON-TRACK SAFETY PLAN MATRIX

The following matrix will assist the railroad supervisor or employee in charge and any roadway worker responsible for establishing working limits in the determination of On- Track Safety Procedures.

To determine the protection available, the employee in charge or lone worker decides what track is to be occupied and the protection to be used.

Type OTS	Section	Controlled Track		Non-Controlled Track		Manual Interlocking or CP		Hump	
		Gang	Lone	Gang	Lone	Gang	Lone	Gang	Lone
Exclusive Track Occupancy	214.321	X	X			X	X		
Foul Time	214.323	X	X						
Train Coordination	214.325	X	X						
Inaccessible Track	214.327			X	X				
Train Approach Warning	214.329	X				X			
Definite Train Location	214.331								
Individual Train Detection	214.337		X		X				

Working Limits (214.319)
Working limits must be established on all classes of track that will be occupied by roadway workers. The following conditions for the roadway workers shall apply:

1. Only qualified roadway workers may establish or control working limits for on- track safety.
2. Only ONE qualified roadway worker can have control over working limits on one segment of track at a time
3. The roadway worker in charge shall control all movement of trains or maintenance machines within their working limits and all movements will be made at restricted speed
4. All roadway workers who are protected by the working limits must be informed prior to the release of the working limits authority and all workers must be clear of the working limits before it is released.
5. No operating locomotive or other items of track equipment, except those present or moving under the direction of the Employee-in-Charge of the working limits shall be located within the working limits.

Working limits established on controlled track through the use of the following conditions must meet the following requirements.

Exclusive Track Occupancy (214.321)

1. The control of working limits must be the responsibility of one qualified roadway worker as designated as designated by the train dispatcher or control operator in charge of the track.
2. The authority for control of the working limits shall be written or printed and communicated by:
    a. Relayed through a designated employee
    b. Via data transmission (fax)
    c. Orally through the train dispatcher or control operator
3. Working limits for a roadway worker shall be protected by one of the following means:
    a. A flagman with instructions and the capability to hold all trains and equipment of the working limits.
    b. A fixed signal that displays an aspect indicating “Stop”
    c. A station in the timetable and identified by name with a sign which a train movement is prohibited by train movement authority or the provisions of a direct train control system
    d. A clearly identifiable milepost sign beyond which train movement is prohibited by train movement authority or of a direct train control system.
    e. A clearly identifiable physical location prescribed by operating rules of the railroad that trains may not pass without proper authority.

Foul Time (214.323)

Working time limits established on controlled track through the use of foul time procedures shall comply with the following:

1. Foul time may be given orally or in writing by an authorized person (train dispatcher or control operator) only after that employee has withheld the authority of all trains to move into the working limits during the foul time period.
2. The roadway worker to whom the foul time is transmitted orally shall repeat the track number, track limits and time limits of the foul time to the issuing employee for verification before the foul time becomes effective.
3. The train dispatcher or control operator shall not permit the movement of trains or other on-track equipment into the working limits protected by foul time until the roadway worker who obtained the foul time has reported clear of the foul time limits.

Inaccessible Track (214.327)
Working limits on non-controlled shall be established by rendering the track within the working limits physically inaccessible to trains at each possible point of entry by one of the following means:

1. A flagman with instruction and the capability to hold all trains and equipment clear of the working limits.
2. A switch or derail aligned to prevent access to the working limits and secured with an effective securing device by the roadway worker in charge of the working limits.
3. A removal of rail that prevents the passage of trains or engines into the working limits.
4. Working limits on controlled track that connects directly with the accessible track, established by roadway worker in charge of the working limits on the inaccessible track.
5. Trains and roadway maintenance machines within the working limits established by means of inaccessible track shall move only under the direction of the roadway worker in charge of the working limits, and shall move at restricted speed.
6. No operable locomotives or other in-track equipment, except those present or moving under the direction of the roadway worker in charge of the working limits shall be located within the working limits established by means of inaccessible track.

Watchmen/Lookouts (214.329)
Roadway workers in a roadway work group who foul any track outside of working limits shall be given warning of approaching trains and engines by one or more watchmen/lookouts in accordance with the following:

1. Warning will be given to each roadway worker to enable them to move to a prearranged safety position at least 15 seconds before the train passes by the working area.
2. Watchmen/lookouts must only perform watchmen/lookout duties and shall devote attention to train movement in the working area.
3. The method used by a watchman/lookout to communicate a train approach warning shall be distinctive and shall clearly signify to all recipients of the warning that a train or other equipment is approaching.
4. All roadway workers must avail themselves to the protection of the watchmen/lookout and heed all warnings.
5. All watchmen/lookouts must be trained, qualified and designated in writing under the provision of 49 CFR 214.345.

Train Coordination (214.325)
Working limits established by a roadway worker through the use of train coordination shall comply with the following:

1. Working limits established by train coordination shall be within the segments of track or track upon which only one train holds exclusive authority to move
2. The roadway worker shall communicate with a member of the crew of the train holding the exclusive authority to establish the working limits using Train Coordination.
3. The roadway worker shall determine that the train is visible.
4. The roadway worker shall determine that the train is stopped.
5. Further movement of the train will only be permitted by the roadway worker in charge of the working limits established using train coordination while the working limits remain in effect
6. The crew of the train will not give up its exclusive authority to move until the working limits established using train coordination have been released by the roadway worker in charge of the working limits.

On-track safety procedures for Lone Workers (214.337)
A lone worker who fouls a track while performing routine inspection or minor correction may use individual train detection to establish on-track safety only where permitted by the on-track safety program of the railroad.

A lone worker retains an absolute right to use on-track safety procedures other than individual train detection if it is deemed necessary, and to occupy a place of safety until such other form of on-track safety can be established.

A lone worker may only use individual train detection only when:

1. The lone worker has been trained, qualified and designated to do so by the railroad
2. While performing routine inspections and minor corrective work.
3. On track outside the limits of a manual interlocking, a controlled point or a remotely controlled hump yard.
4. Where the lone worker has the ability to detect a train moving at maximum authorized speed on that track and being able to move to a previously determined place of safety, not less than 15 seconds before arrival of the train at the location of the lone worker.
5. There are no Roadway Maintenance Machines or power-operated tools being operated that would affect the hear ability of the lone worker.
6. The ability of the lone worker is not affected by background noises, adverse weather conditions, passing trains or other conditions.
7. A lone worker may not be on a track unless working limits are established on that track
8. A lone worker using Individual Train Detection may not perform other duties or functions that would interfere with their ability to detect approaching trains in either direction.
9. A lone worker who uses Individual Train Detection to establish on-track safety shall first complete a written “Statement of On-Track Safety” (SOTS).
10. The Statement of On-Track Safety shall designate the track for which it is prepared and the date and time it is valid.
11. The SOTS shall show the maximum authorized speed of trains within the limits for which it is prepared.
12. The SOTS shall show the sight distance that provides the required warning of the approaching train.
13. The SOTS must be carried by the Lone Worker and produced upon request by a representative of the FRA.

Definite Train Location (214.331)
This method of Roadway Worker Protection is not used on the Massachusetts Central Railroad.

Informational line-ups of train (214.333)
This method of Roadway Worker Protection is not used on the Massachusetts Central Railroad.

Section 5
ON-TRACK SAFETY FORMS

Employee Qualification and Training Record

Employee Name	Qualification(s)	Date Qualified

Good Faith Challenge Form

Name: ____

Job Position: ____

Job Location: ____

Supervisor's Name and Title: ____

Date and Time of this Challenge: ____

Work Location Track and Milepost: ______________________________________

Nearest City or Town: ____

On-Track Safety Procedure Applied or lacking at the worksite location:

____

____

____

Railroad Safety or Operating Rule not being complied with:

____

Reason for this challenge:

____

____

____

____

Other Employees with information about this situation:

____

____

Signature: ____ Date: ___________

Determination by Supervisor: ____

____

Supervisor's Signature: _________________________________ Date: ___________

Completed form to be sent to the General Manager

ITD statement of on track safety

Name ______________________________ Date __________ Time ________

Line ______________ Track Number ____________ From M.P. ______ To M.P. ______

Yard ______________________________ Track Number(s) ____________________

Maximum Authorized Speed	Required Sight Distance	Maximum Authorized Speed	Required Sight Distance	Maximum Authorized Speed	Required Sight Distance
In MPH	In Feet	In MPH	In Feet	In MPH	In Feet
5	110	45	990	85	1870
10	220	50	1100	90	1980
15	330	55	1210	95	2090
20	440	60	1320	100	2200
25	550	65	1430	105	2310
30	660	70	1540	110	2420
35	770	75	1650		
40	880	80	1760		

ITD statement of on track safety

Name ______________________________ Date __________ Time ________

Line ______________ Track Number ____________ From M.P. ______ To M.P. ______

Yard ______________________________ Track Number(s) ____________________

Maximum Authorized Speed	Required Sight Distance	Maximum Authorized Speed	Required Sight Distance	Maximum Authorized Speed	Required Sight Distance
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15	330	55	1210	95	2090
20	440	60	1320	100	2200
25	550	65	1430	105	2310
30	660	70	1540	110	2420
35	770	75	1650		
40	880	80	1760		

Section 7

BRIDGE WORKER SAFETY STANDARDS

(49 CFR Part 214 Subpart B)

The bridge work safety program sets forth the minimum requirements and procedures of the Massachusetts Central Railroad to promote safe work for employees performing work on bridges with the goal of preventing accidents, injuries or fatalities.

These instructions apply to all railroad employees, railroads and railroad contractors performing work on railroad bridges:

1. The bridge work safety program consists of complied with the requirements of the Federal Railroad Administration addressing the following:
   a. Fall Protection
   b. Scaffolding
   c. Work over and adjacent to water
   d. Personal protective equipment

   And the requirements of the Occupational Health and Safety Administration (OSHA) dealing with:
   e. Respiratory Protection
   f. Hazard Communications
   g. Hearing Protection
   g. Welding and Lead Exposure
2. The bridge work safety program is applicable to all maintenance, repair and restoration activities occurring on a railroad bridge, where such activity will place a person's body outside the gauge of the track.
3. Track inspection and limited bridge inspection can be performed while remaining in the gauge, and therefore does not fall under the requirement of 49 CFR Part 213 Subpart B.

The safety standards listed below shall be complied with when performing work on railroad bridges, under the applicable circumstances:

1. Fall Protection General Conditions:
   a. Fall protection shall be provided whenever bridge workers are working twelve (12) feet or more above the ground or water surface.
   b. Fall protection in the form of a personal arrest system or a safety net is acceptable to comply with this requirement.
   c. Fall protection is not required where bridge workers are working on bridges where walkways and railings meeting AREMA Manual of Railway Engineering Recommended Practice are present.
2. Fall Protection Standard and Systems and Practices General Requirements
   a. Fall protection systems shall only be used for personal fall protection
   b. Fall protection subjected to impact shall be immediately and permanently removed from service, unless inspected by a competent person and found safe to reuse.
   c. Fall protection systems shall be protected from abrasion, corrosion and other deterioration
   d. Bridge workers shall be trained in the proper application of the equipment, anchoring and tie-off techniques, and methods of

use, inspection and storage.

e. Railroad and railroad bridge contractors shall provide a boat to provide prompt rescue of bridge workers in the event of a fall in the water.
f. Connections shall be corrosion resistant finish with smooth surfaces and edges, shall be dropped, forged press or formed steel.
g. Anchorages shall be capable of supporting 5000 pounds per bridge worker attached or designed and installed under competent supervision.

3. Personal Fall Arrest Systems - All systems shall confirm to the following standards:
    a. Lanyard and vertical lifelines shall support 5000 pound (minimum breaking strength) per bridge worker
    b. Self-retracting lifelines and lanyards that limit free-fall distance to 2 feet or less and shall be capable of sustaining a minimum of 3000 pounds (minimum breaking strength)
    c. Horizontal lifelines shall be designed, installed and used under competent supervisor; designed for a safety factor of 2 times.
    d. Lifelines cannot be made from natural fiber rope.
    e. Body belts shall not be used as components of personal fall arrest systems.
    f. Personal fall arrest systems shall limit force on a bridge worker to 1,800 pounds when used with a body harness.
    g. Personal fall arrest system shall bring a bridge worker to a complete stop and limited maximum deceleration distance a bridge worker travels to 3.5 feet.
    h. Personal fall arrest system shall have sufficient strength to withstand twice the potential impact energy of a bridge worker falling a distance of six feet, or the free fall distance permitted by the system, whichever is less.
    i. Personal fall arrest systems shall be arranged so that a bridge worker cannot free fall more than six feet and cannot contact the ground or any lower horizontal surface of the bridge.
    j. Personal fall arrest systems shall be worn with the attachment point of the body harness located in the center of the wears back near shoulder level, or above the wearer's head.
    k. When vertical lifelines are used, each bridge worker shall be provided with a separate lifeline
    l. Devices used to connect horizontal lifelines shall be capable of locking in either direction.
    m. Dee-Rings and snap hooks shall be capable of sustain a minimum tensile load of 3,600 pounds without cracking, breaking, or taking permanent deformation.
    n. Dee-rings and snap hooks shall be capable of sustaining a minimum tensile load of 5,000 pounds
    o. Snap-hooks shall not be connected to each other
4. Use of safety net systems shall conform to the following standards and practices:
    a. Safety nets shall be installed as close as practicable under the walking/working bridge workers are working, but shall not be installed more than 30 feet below such surface.
    b. If the distance from the working surface to the net exceeds 30 feet, bridge workers shall be protected by personal fall arrest systems.
    c. The safety net shall be installed such that any fall from the working surface to the net is unobstructed.

  d. Defective safety nets shall not be used and when a defect is found they will be permanently removed from service.
  e. Safety nets shall be inspected at least once a week for mildew wear damage, and other deterioration
  f. Tools, scrap or other material that may have fallen into a safety net shall be removed as soon as possible and at least before the next work shift.
5. The following applies when working over or adjacent to water:
  a. Bridge workers working over or adjacent to water with a depth of 4 feet or more, or where the danger of drowning exist shall be provided and use life preservers that meet USCG requirements 46 CFR 160.047, 160.052 and 160.053.
  b. In addition life preservers meeting 46 CFR 160.055 shall be within ready access
  c. Prior to each use, all floatation devices shall be inspected for defects that reduce their strength or buoyancy by designated individuals trained by the railroad or railroad contractor. Defective units will not be used.
  d. Life vest shall be equipped with buoy rings with at least 90 feet of line shall be available for emergency rescue operations.
  e. Distance between the buoy rings shall not exceed 200 feet
  f. Where life vests are required at least one lifesaving skiff, inflatable boat or equivalent boat shall be available.
  g. If it is determined by a component person that environmental conditions including weather, water speed, and terrain merit additional protection, the skiff or boat shall be manned.
6. Scaffolding used in connection with railroad bridge maintenance, inspection, testing and construction shall be constructed and maintained in a safe condition as outlined in 49 CFR 214.109.

Personal Protective Equipment (PPE) (49 CFR 214.111, 214.113, 214.115)

Bridge workers shall use appropriate personal protective equipment in all operations where there is exposure to hazardous conditions or reduces the hazard to railroad bridge workers including but not limited to the following:

1. Hard Hats meeting ANSI Z 89.1 standards
2. Foot protection ANSI Z 41 standards
3. Eye and Face Protection ANSI Z 87.1 standards
4. Goggles can be used to provide protection for bridge workers wearing corrective lens.

Section 8

ON-TRACK ROADWAY MAINTENANCE MACHINES AND HI-RAIL VEHICLES

The purpose of this subpart is to prevent accidents and casualties caused by the lawful operation of On-Track Roadway Maintenance Machines and Hi-Rail Vehicles.

Good Faith Challenges:

1. An operator of on-track roadway maintenance machines and or a hi-rail vehicle has the right to make a “good Faith” challenge that the machine or vehicle does not comply with FRA regulations or has a condition that inhibits its safe operation.
2. An operator may refuse to operate a roadway maintenance machine or hi-rail vehicle if a “Good Faith” challenge is made until the challenge is resolved.
3. A “Good Faith” challenge shall be resolved using the procedures set forth in section 3 of this plan.
4. The “Good Faith” challenge form is in Section 6 of this plan.

Retrofitting of Existing On-Track Roadway Maintenance Machines:

1. Each existing on-track roadway maintenance machine shall have a safe and secure position with handholds, handrails, or a secure seat or bench position for each roadway worker transported on the machine.
2. Each position on the roadway maintenance machine will be protected from the moving parts of the machine.
3. Each existing machine shall be equipped with a permanent or a portable horn or other audible warning device that produces a sound loud enough to be heard by roadway workers and other machine operators within the immediate area. The triggering mechanism for the device shall be clearly identifiable and within easy reach of the machine operator.

Flagging Equipment for On-Track Roadway Maintenance Machines and Hi-Rail Vehicles

Each on-track roadway maintenance machine and hi-rail shall have on-board a flagging kit that complies with the operating rules of the railroad if:

1. The equipment is operated over trackage requiring under the rules, and
2. The equipment is not part of a roadway work group, or
3. The equipment is the lead piece of equipment in a roadway work group operating under the same occupancy authority.

Hi-Rail Vehicles

Hi-Rail Inspections:

1. Hi-Rail gear shall be inspected annually and with no more than 14 months between inspections.
2. Tram, wheel wear and gauge shall be measured and adjusted if necessary to allow the vehicle to be safely operated.
3. The railroad and contractors of the railroad will keep records pertaining to compliance with the above inspection until the next inspection is performed
4. The records may be kept on the vehicle or in another location as directed by the railroad.

New Hi-Rail Vehicles shall be equipped with:

1. Automatic change of direction alarm
2. Operable 360 degree warning light or beacon mounted on the outside of the vehicle.

Operators of Hi-Rail Vehicles shall:

1. Check the vehicle for compliance and safe operation prior to use at the start of each work period.
2. Non-complying conditions that cannot be repaired immediately shall be tagged and dated, and reported to your immediate supervisor.
3. Non-compliant change of direction alarms and warning lights shall be repaired or replaced as soon as possible, but not later than 7 days after the non-compliant component is first discovered.
4. The daily inspection report presently being used shall be used to record the results of the daily compliance and safety check.

Towing with On-Track Roadway Maintenance Machines or Hi-Rail Vehicles:

1. Each Roadway Worker Machine or Hi-Rail vehicle used to tow push cars or maintenance of way machinery shall be equipped with a towing bar or other coupling device that provides a safe and secure attachment.
2. Under no circumstances are chains, straps, rope or cables to be used to tow equipment or vehicles
3. An on-track roadway maintenance machine or hi-rail vehicle shall not be used to tow push cars or other equipment if that towing would cause the towing vehicle to exceed its braking capabilities.
4. In determining the braking capability, the operator must consider track gradient, rail conditions influenced by leaves or other vegetation, moisture and frost, the number of units being towed including the weight of each car and any material being carried.

Inspections for compliance and schedule for repairs:

1. Operators of on-track machinery shall inspect the machines at the start of each work period on the required form.
2. Any non-complying condition found that cannot be repaired immediately will be tagged and dated.
3. Operation of on-track machinery with non-complying conditions will be governed by the following guidelines:
    a. Roadway Maintenance Machines with headlights and or work lights not in compliance may be operated for a period not exceeding 7 days and only between one half hour before sunrise and one half hour after sunset.
    b. A portable horn may be substituted for a non-complying horn or missing horn for a period not exceeding 7 days
    c. A fire extinguisher readily available may be used temporarily to replace a missing, defective or discharged fire extinguisher for a period not exceeding 7 days
    d. Non-complying change of direction alarms, back up alarms, 360 degree intermittent warning lights or beacons shall be replaced or repaired as soon as possible but in no case 7 days.

In-Service Failure of Braking System:

1. In the event of a total failure of the primary braking system, a machine may be operated for the remainder of the tour of duty with the use of a secondary system and or by coupling to another machine, if such an operation can be conducted safely.
2. If other equipment is not available for coupling too, the machine may if it is safe to do so travel to a clearance point and or a repair point where it shall be placed out of service until repaired.

Schedule of Repairs:

1. Any on-track roadway maintenance machine or hi-rail vehicle that does not comply with all the requirements of 49 CFR 214 subpart D shall be brought into compliance as soon as practicable within 7 days of the discovery of the non- compliant component.
2. If repairs cannot be made within that period the machine or vehicle shall be placed out of service.
3. Replacement part to repair a non-complying condition shall be ordered by the end of the next business day following the report of the defect.
4. When the non-complying equipment cannot be repaired because of unavailability of parts the railroad can continue to operate the equipment for up to 30 days, before removing the equipment from the receiving part.
5. If the railroad fails to order a part necessary to repair a non-complying condition, or fails to install an available part within 7 days, the machine or vehicle shall be removed from service until brought into compliance.
6. Each railroad shall maintain records pertaining to compliance with these requirements.
7. Records will be maintained for one year.
8. Records may be kept on the machine or at a location designated by the railroad.

Operation of Roadway Maintenance Machines:

1. Communications and Hand Signals:
    a. Before the start of any work assignment the method of communication between each operator and other roadway workers must be established during the Job Briefing.
    b. The choice of using radios or hand signals will be made based on the job site and working conditions
    c. In any event the method of communication must be clearly understood.
2. Movement of Equipment:
    a. All on-track equipment must move prepared to stop within one-half the range of vision.
    b. On-track equipment must not exceed the manufacturers recommend speed for the equipment.
3. Spacing of Equipment - In order to promote safety for other on-track workers and machine proper spacing is required. The following spacing for ground personnel and machine must be maintained:
    a. 25 feet in front of and behind machines
    b. 10 beyond the maximum reach of any machine
    c. Machinery approaching roadway workers the on-track roadway maintenance machine operator must communicate with the roadway workers before coming closer than 15 feet.
    d. When two or more machines are working on the track together, a minimum spacing of 40 feet between machines must be maintained
    e. When two or more machines are traveling together a minimum spacing of 200 feet must be maintained.

4. Job Briefing - Inoperative devices and any previously reported, but not repaired should be discussed at the Job Briefing held prior to beginning of the work assignment with all employees. The regulations found in 49 CFR Part 214 were amended to cover problems with roadway workers using adjacent tracks as a place of safety with no protection having been placed on the adjacent track. Further Roadway Maintenance Machines engaged in large scale work gangs were fouling adjacent tracks without the proper protection be placed on the track being fouled. This amendment requires the following actions to be taken by the Employee-in-Charge:
    a. The job briefing must include information about adjacent tracks, on-track safety protection required and or placed on the adjacent tracks, and the potential for roadway maintenance machines to foul adjacent track.
    b. If work activity is likely to foul an adjacent tracks (defined for these purposes as tracks with a center to center spacing of 19 feet or less) then on-track safety must be applied.
    c. On-track safety measures must include establishing Working Limits and Train Approach Warning utilizing qualified Watchmen/Lookouts.
    d. Appropriate consideration must be given to the potential to foul adjacent tracks by roadway maintenance machines and protection afforded as necessary.

MassDOT MW-1

RECOMMENDED PRACTICE

FOR THE

MAINTENANCE OF TRACK AND SPECIAL TRACKWORK

Massachusetts Department of Transportation
10 Park Plaza, Suite 4160
Boston, MA 02116

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MassDOT MW-1

RECOMMENDED PRACTICE

FOR THE

MAINTENANCE OF TRACK AND SPECIAL TRACKWORK

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Boston, MA 02116

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MassDOT MW-1

RECOMMENDED PRACTICE

FOR THE

MAINTENANCE OF TRACK AND SPECIAL TRACKWORK

Director of Railroad Properties
Massachusetts Department of Transportation
10 Park Plaza, Suite 4160
Boston, MA 02116

Effective July 1, 2018

Chalita Belfield

Chalita Belfield
Director of Railroad Properties

Date: July 1, 2018

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RECOMMENDED PRACTICE

FOR THE

MAINTENANCE OF TRACK AND SPECIAL TRACKWORK

This Manual belongs to:

Name: ______________________________

Employee #: ______________________________

Address: ______________________________

____

____

Phone: ______________________________

If this Manual is found,
please return it to the address below:

Director of Railroad Properties
Massachusetts Department of Transportation
10 Park Plaza, Suite 4160
Boston, MA 02116

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MassDOT MW-1

MANUAL REVISIONS

We welcome your comments on the MassDOT Manual. Please send all suggestions to:

Director of Railroad Properties
Massachusetts Department of Transportation
10 Park Plaza, Suite 4160
Boston, MA 02116

Suggested revisions to this Manual should be submitted in writing in accordance with the following format.

Section/Paragraph Number ______________________________

Page Number ____

Recommended Changes, Corrections, or Questions:

____

____

____

Submitted by:

Name ____

Operating Railroad Company ____________________________

Address ____

____

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Phone ____

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MassDOT MW-1

RECOMMENDED PRACTICE

The Massachusetts Department of Transportation (MassDOT) is committed to providing the safest and most efficient rail service to our customers by maintaining and upgrading the Commonwealth's track infrastructure and assets using best industry recommended practice.

MassDOT has sought to contract with Operating Railroad Companies that will work cooperatively with MassDOT, and that will maintain the Commonwealth's track system at the required standards with competent and dedicated employees.

MassDOT requires their designated Operating Railroad Companies to perform diligent inspections, prepare maintenance and repair programs, and ensure the proper maintenance of track in accordance with the governing operating agreements.

Recommended Practice is based on the best practice developed by and in current use on the United States and Canadian passenger and freight railroads. They allow for a common language amongst railroad administrators, maintenance personnel, contractors, material and equipment suppliers and all others concerned with railroad safety.

Each of the Operating Railroad Companies are currently under agreement with MassDOT. The information found in this Manual contains tables, instructions, and references designed for track and special trackwork as a guide for maintenance personnel in their everyday efforts to maintain a safe and efficient plant.

The MassDOT Manual is a manual of recommended practice. We recognize that best practice of maintenance of way (MOW) continues to change due to the location, environment, operation, and geographic conditions of individual railroads.

The MassDOT Recommended Practice Manual is meant to aid and assist the Operating Railroad Companies to maintain MassDOT-owned tracks in a safe and efficient manner at a reasonable cost. Performing maintenance in accordance with the recommended practice in the MW-1 will meet the expectations of the Commonwealth and provide uniform practice between the different properties of the Operating Railroad Companies.

As of July 2018, the Operating Railroad Companies operate rail freight service and maintain the MassDOT-owned track infrastructure pursuant to License and Operating Agreements with MassDOT on the following line segments:

- Adams Industrial Track: MP 0.0 to MP 5.2
- Conn River Main Line: MP 0.38 to MP 49.7
- Housatonic Railroad: MP 50.0 to MP 85.9
- Massachusetts Central Railroad: MP 1.6 to MP 25.0
- Framingham Secondary: MP 0.0 to MP 21.05
- Middleboro Subdivision:
    - Attleboro Secondary: MP 0.0 to MP 8.6
    - New Bedford Secondary: MP 8.6 to MP 13.3
    - Middleboro Branch: MP 13.3 to MP 21.1
- New Bedford Secondary: MP 13.3 to MP 31.8
- Fall River Secondary: MP 0.0 to MP 12.0
- Cape Main Line:
    - Buzzards Bay Secondary: MP 36.3 to MP 54.7
    - Hyannis Secondary: MP 55.0 to 78.5
- Falmouth Secondary: MP 0.0 to MP 6.8
- South Dennis Secondary: MP 0.0 to MP 2.8
- Dean Street Industrial Track: MP 0.0 to MP 1.5
- Watuppa Branch: MP 6.0 to MP 8.0

MassDOT MW-1

PURPOSE AND USE

The MassDOT MW-1 was developed for MassDOT Rail and Transit Division and selected Operating Railroad Companies who have contracted with MassDOT Rail and Transit Division to operate and maintain lines of track owned by the Commonwealth, as a manual of best practice for the maintenance of track and associated trackwork components. Materials presented in this handbook establish and define MassDOT Rail and Transit Division recommended practice for maintenance of track owned by MassDOT Rail and Transit Division and operated by Operating Railroad Companies under contractual agreements with MassDOT Rail and Transit Division. These practices have been developed to meet the needs of the MassDOT Rail and Transit Division and may be used exactly as presented or modified as is necessary and desirable to meet the present and future needs of the Railroads operating and maintaining MassDOT Rail and Transit Division rail lines, in accordance with the terms of the governing License and Operating Agreements.

In all cases, inspection and restoration of track must be performed in accordance with Federal Railroad Administration (FRA) Part 213, Track Safety Standards.

The intent of the recommended practice is not to establish artificially rigid procedures governing track maintenance but rather to serve as guidelines for prudent track maintenance practice. These guidelines must be used in concert with proper exercise of judgment based upon experience and knowledge of service requirements.

The maintenance limits in the MassDOT MW-1 are unique and are intended to supersede the inspection and restoration limits given in FRA Part 213, provided that the more restrictive practices should be followed. For example, the track gage limits given in the MassDOT MW-1 (53.0(M)) are more restrictive than the track gage limits found in FRA Part 213 (§213.53).

Track maintenance limits and recommended practice in the MassDOT MW-1 are to be used for everyday maintenance activities. The limits act as a trigger to prompt the maintenance or reconstruction of track. The track and related rail infrastructure must be maintained in accordance with the requirements of the relevant License and Operating Agreement between MassDOT Rail and Transit Division and the Operating Railroad

Company. The Commonwealth expects that wherever possible, track shall be maintained so that the track structure does not fall below track maintenance limits established in the MassDOT MW-1.

In all cases, MassDOT Operating Railroad Companies will strive to restore track, make track repairs, and maintain track at or above the respective maintenance limits given in the MassDOT MW-1.

The development of the MassDOT MW-1 involved many hours of input from railroad professionals, and represents the latest recommended practice approved by the MassDOT Director of Railroad Properties. It is understood that these practices are subject to revisions as new technology and improved techniques are established. Other practices may be found to be equally acceptable and, as a result, the materials contained in the MassDOT MW-1 may be modified from time to time to promote the understanding of and efficiency and economy of maintenance of MassDOT-owned rail lines.

The MW-1 is an interactive document. It is expected that every individual that has reason to use this document will constantly strive to offer suggestions and constructive criticism to improve the overall understanding, use, and quality of this Manual.

Modifications to these recommended practice materials must be made in writing, and incorporated into the Manual following approval by MassDOT Rail and Transit Division.

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MassDOT MW-1

RECOMMENDED PRACTICE

FOR THE

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RECOMMENDED PRACTICE FOR THE MAINTENANCE OF TRACK SUBPARTS A-E

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Subpart A - General

§1.0(M) SCOPE

(a) Maintenance is both spot and out-of-face replacement of components of the track structure such as laying new or relay rail or installing ties so as to maintain the infrastructure in a state-of-good repair.

(1) Maintenance limits are to be used as a triggering mechanism that prompts maintenance or reconstruction.

(2) It is MassDOT's policy to have a track structure that stays between new construction and maintenance limits.

(3) As the track structure wears, maintenance should be programmed before the track reaches the MassDOT maintenance limits.

(4) Should these maintenance limits be exceeded, maintenance must be completed prior to reaching the limits found in FRA Part 213.

(5) Whenever possible, track should be repaired or reconstructed to new track tolerances.

(b) This subpart provides practices that will be used for the maintenance of track. It is for the guidance of Operating Railroad Companies that maintain and repair track.

(c) This subpart contains "maintenance limits" that are to be used when maintaining track and are not to be confused with the minimum limits found in FRA Part 213 or with new track tolerances.

§3.0(M) APPLICATION

The MW-1 applies to all operating railroads that have maintenance and compliance responsibility on MassDOT-owned railroad property.

§5.0(M) MAINTENANCE

(a) The responsible personnel in charge of performing the maintenance work for the Operating Railroad Companies shall be qualified to maintain, restore, or renew trackwork in accordance with FRA §213.7(a), (b), (c) and (d).

(b) The person responsible for the work shall coordinate and report all maintenance work on the appropriate form to the Operating Railroad Company and MassDOT Rail and Transit Division.

(c) A record of all maintenance performed and all required inspection reports shall be maintained by the Operating Railroad Company for the duration of their operating contract. Reports to be provided are as follows:

(1) Track Inspection Reports (planned and special)

(2) Switch Inspection Reports (planned and special)

(3) Rail Defect Inspection Reports:

- Detector Car Report (car to be ridden by Operating Railroad Company Official)
- Rail Failure Report

(4) Reports included in CWR procedures section (see Appendix A, "Continuous Welded Rail (CWR) Procedures").

§7.0(M) DESIGNATION OF QUALIFIED PERSONS TO SUPERVISE CERTAIN RENEWALS AND INSPECT TRACK

(a) Each Operating Railroad Company to which this Part applies shall designate qualified persons to supervise restorations and renewals of track under traffic conditions. Each person designated shall have:

(1) At least:

(i) 1 year of supervisory experience in railroad track maintenance; or

(ii) A combination of supervisory experience in track maintenance and training from a course in track maintenance or from a college level educational program related to track maintenance;

(2) Demonstrated to the owner that he or she:

(i) Knows and understands the requirements of this Part that apply to the restoration and renewal of the track for which he or she is responsible;

(ii) Can detect deviations from those requirements; and

(iii) Can prescribe appropriate remedial action to correct or safely compensate for those deviations; and

(3) Written authorization from the track owner to prescribe remedial actions to correct or safely compensate for deviations from the requirements in this Part.

(b) Each Operating Railroad Company to which this Part applies shall designate qualified persons to inspect track for defects. Each person designated shall have:

(1) At least:

(i) 1 year of supervisory experience in railroad track maintenance; or

(ii) A combination of supervisory experience in track maintenance and training from a course in track maintenance or from a college level educational program related to track maintenance;

(2) Demonstrated to the owner that he or she:

(i) Knows and understands the requirements of this Part that apply to the inspection of track for which he or she is responsible; and

(ii) Can detect deviations from those requirements; and

(iii) Can prescribe appropriate remedial action to correct or safely compensate for those deviations; and

(3) Written authorization from the track owner to prescribe remedial actions to correct or safely compensate for deviations from the requirements in this Part, pending review by a qualified person designated under Paragraph (a) of this section.

(c) Individuals designated under Paragraphs (a) or (b) of this section that inspect continuous welded rail (CWR) track or supervise the installation, adjustment, and maintenance of CWR track in accordance with the written procedures of the track owner shall have:

(1) Current qualifications under either Paragraphs (a) or (b) of this section;

(2) Successfully completed a comprehensive training course specifically developed for the application of written CWR procedure issued by the track owner;

(3) Demonstrated to the Operating Railroad Company that the individual:

(i) Knows and understands the requirements of those written CWR procedures; and

(ii) Can detect deviations from those requirements; and

(iii) Can prescribe appropriate remedial action to correct or safely compensate for those deviations; and

(4) Written authorization from the Operating Railroad Company to prescribe remedial actions to correct or safely compensate for deviations from the requirements in those procedures and successfully completed a recorded examination on those procedures as part of the qualified process.

(d) Persons not fully qualified to supervise certain renewals and inspect track as required in Paragraphs (a) through (c) of this section, but with at least one year of maintenance of way (MOW) or signal experience, may pass trains over broken rails and pull-aparts provided that:

(1) The Operating Railroad Company determines the person to be qualified and, as part of doing so, trains, examines, and re-examines the person periodically within two years after each prior examination on the following topics as they relate to the safe passage of trains over broken rails or pull-aparts: rail defect identification, crosstie condition, track surface and alignment, gage restraint, rail end mismatch, joint bars, and maximum distance between rail ends over which trains may be allowed to pass. The sole purpose of the examination is to ascertain the person's ability to effectively apply these requirements and the examination may not be used to disqualify the person from other duties. A minimum of four hours training is required for initial training;

(2) The person deems it safe and train speeds are limited to a maximum of 10 MPH over the broken rail or pull apart;

(3) The person shall watch all movements over the broken rail or pull apart and be prepared to stop the train if necessary; and

(4) Person(s) fully qualified under FRA §213.7 are notified and dispatched to the location promptly for the purpose of authorizing movements and effecting temporary or permanent repairs.

§8.0(M) QUALITY CONTROL

(a) The person in charge of performing the maintenance activity or repair shall be responsible for the overall quality of the work performed.

(b) All maintenance work shall be performed in accordance with this Part.

(c) The Operating Railroad Company shall review the work performed for quality, consistency, and compliance to this Part.

(d) Trackwork repairs that are deficient:

(1) Shall be brought to the attention of the Operating Railroad Company.

(2) May be cause for remedial action.

(e) The Operating Railroad Company shall see that any additional work necessary is performed to bring the repair into compliance with this Part.

(f) The Operating Railroad Company shall be responsible to re-inspect the corrected work to ensure that it is in compliance with this Part.

(g) The Operating Railroad Company is encouraged to make recommendations to the MassDOT Rail and Transit Division as to required modifications to methods, procedures, and practice to improve the overall quality of the work.

§10.0(M) SIDINGS

Maintenance of Way (MOW) forces maintain up to the derail and/or property line on industrial siding tracks.

Subpart B - Roadbed and Right-of-Way

§31.0(M) SEASONAL PREPARATION AND MAINTENANCE

(a) Fall/Winter

(1) Dig out switch (gas, electric) rods

(2) Check heaters

(3) Before winter, clean sand out of flange ways at all highway grade crossings

(4) Keep crossing ends and flanges clear of snow and ice

(5) Ensure adequate supplies of materials/tools and snow equipment

(6) Order frost spikes/shims

(7) Order rope and drift pins from approved supplier and prepare for usage (to heat rail)

(8) Clean snow from switches at switch points, frog points and guard rails

(9) Obtain cleaner and lubricate Sargeant and Greenleaf switch locks

(b) Spring/Summer (Special Inspections after Acts of Nature)

(1) Verify proper neutral temperature of rail installed at less than the desired neutral temperature range and adjust as required (see Appendix A, “Continuous Welded Rail (CWR) Procedures”).

(2) Plan vegetation control.

(3) Remove temporary shims/spikes.

(4) Bring winter equipment back to central headquarters.

(5) Perform heat patrol (kinks).

(6) Perform rain storm patrols – inspection and cleaning of culverts.

(7) Check and cross-cut joints in track.

(8) Lubricate main line hand throw and yard switches.

§33.0(M) DRAINAGE

(a) Drainage is of prime importance for the maintenance of track. Water mixing with materials in the roadbed tends to make the entire track structure unstable.

(b) Water seeping or flowing toward the track should be carried across and off the roadbed or be intercepted and diverted before it reaches the roadbed.

(c) Water falling upon the roadbed should be quickly drained off to side ditches or drainage structures.

(d) Every effort should be made to see that water from adjacent property does not drain on the MassDOT right-of-way. In areas where this condition is observed the MassDOT Rail and Transit Division shall be notified.

(e) Cross drains should be installed and maintained, particularly where bridges, road crossings, and sags interfere with longitudinal drainage.

(f) Maintenance of drainage systems must satisfy the requirements of FRA §213.33.

(g) Distribution of track or construction materials, and the disposal of fouled ballast and ditch materials, should be handled in such a manner that they no longer interfere with track drainage.

(h) Operating Railroad Company shall notify the MassDOT Rail and Transit Division any time debris is dumped on MassDOT property by abutters.

§33.1(M) Culverts

(a) Culverts require regular inspection and maintenance as do other railroad structures. When making inspections of track and roadway, MassDOT' s Operating Railroad Companies should:

 (1) Railroad shall have and maintain an updated list of all culvert locations within the right-of-way. Inspectors should be aware of the location of culverts within the right-of-way.

 (2) The tie over the culvert should be painted white and web of rail shall be marked with mile post location.

 (3) Be aware that culverts must not only support the live load of trains but the dead load of the track structure.

 (4) Report the backup of water near culverts or any abnormal conditions around the ends of culverts (e.g., water seeping through ballast structure).

 (5) Report any abnormal conditions found in the track structure at a culvert (e.g., loss of ballast). Operating Railroad Company shall then notify the MassDOT Rail and Transit Division.

 (6) If unusual conditions are found at culvert locations, take appropriate remedial action. Appropriate remedial action shall be taken by a Operating Railroad Company qualified individual.

 (7) For additional information on culverts, see American Railway Engineering and Maintenance Association (AREMA), Chapter I, Part 4, "Culverts."

§35.0(M) CROSS SECTION (ROADWAY)

Wherever possible, roadbeds, embankments, and excavations should be maintained in accordance with the Massachusetts Bay Transportation Authority (MBTA) Book of Standard Plans. Deviation from approved cross sections should not be made without authorization from the MassDOT Rail and Transit Division.

§37.0(M) VEGETATION

(a) Growth of vegetation should be encouraged on slopes of embankments, cuts, and deep ditches to prevent erosion and to maintain stability.

(b) Vegetation growth must be controlled in accordance with the requirements of FRA §213.37.

(c) The goal of MassDOT is to have the right-of-way cleared of both brush and vegetation in the track and to within 25' of the track centerline. This should be accomplished using a combination of brush cutting and weed spraying.

(d) Vegetation on railroad property, which is on or immediately adjacent to roadbed, must be controlled so that it does not:

 (1) Become a fire hazard to track-carrying structures;

 (2) Obstruct visibility of railroad signs and signals;

  (i) Along the right-of-way

  (ii) At highway-rail crossings

 (3) Interfere with railroad employees performing normal trackside duties;

 (4) Prevent proper functioning of signal and communication lines; or

 (5) Prevent railroad employees from visually inspecting moving equipment from their normal duty stations.

(e) The Operating Railroad Companies shall develop and carry out vegetation management programs as required by MassDOT.

(f) The Operating Railroad Companies shall provide copies of their approved management programs to the MassDOT Rail and Transit Division.

§39.0(M) SIGNS

(a) Track signs and posts must be placed and maintained in accordance with either the MBTA Book of Standard Plans and/or AREMA Chapter 1, Part 7 Roadway Signs and operating special instructions. They should not be installed so as to interfere with signals or safety appliances.

(b) The following is a list of the common signs, which are maintained by the Operating Railroad's Maintenance of Way Department:

(1) Whistle Posts (see Paragraph (c) for placement)

(2) Permanent Speed Restriction Signs (see Operating Railroad Company Time Table Special Instructions) (MBTA Standard Plan No. 3304)

(3) Temporary Speed Signs (see Appendix D)

(4) Mile Posts (see appropriate Track Charts) (MBTA Standard Plan No. 3302)

(5) Station Markers (see Operating Railroad Company Time Table Special Instructions)

(6) End of Block (see Operating Railroad Company Time Table)

(7) Stop Boards (see Operating Railroad Company Time Table)

(8) Clearance Marker (fouling point) painted rail or ties in yellow

(9) Close Clearance Markers (MBTA Standard Plan No. 3312)

(10) Yard Limit Signs (see Operating Railroad Company Time Table) (MBTA Standard Plan No. 3304)

(11) Switch Targets (MBTA Standard Plan No. 3030)

(12) Spring Switch Markers (SS) (MBTA Standard Plan No. 3304)

(13) No Trespassing/No Dumping Signs (MBTA Standard Plan No. 3208)

(14) Cross Bucks (Passive) (MBTA Standard Plan No. 3388)

(15) Crossing Approach Circuit Signage (XC) at Highway Grade Crossing

(16) Emergency Notification Sign at all Public and Private Grade Crossings (as per FRA Requirements) (Manual on Uniform Traffic Control Devices (MUTCD) Figure 8B-5)

(17) Bridge Markers (undergrade and overhead bridges)

(18) Culvert Markers (mark on web of rail and paint ties white)

(19) Track Lubricator Signage

(20) Buried Cable Signs (MBTA Standard Plan No. 3344)

(21) Low Ground Clearance at Grade Crossings (MUTCD Figure W10-5 and W10-5P)

(22) Snow Flanger Sign (MBTA Standard Plan No. 3304)

(23) Will Not Clear Man on Side of Car (MBTA Standard Plan No. 3314)

(c) Whistle post placement:

(1) Whistle posts are placed 1,320' in advance of a public grade crossing so as to comply with Massachusetts General Law (MGL), Chapter 160 "Railroads," Section 138 "Warning to Public."

§41.0(M) HIGHWAY GRADE CROSSINGS

(a) Typical grade crossing surfaces found on the MassDOT are as follows (see also MBTA Standard Plan Nos. 3100, 3106, 3108, 3120):

(1) Timber

(2) Timber and asphalt

(3) Asphalt with cut flangeways

(4) Asphalt with rubber rail seal

(5) Full depth rubber

(6) Full depth concrete

(7) Full depth rubber on the gage and rail seal and asphalt on the field side

(8) Special products as approved by the MassDOT Rail and Transit Division at grade crossings or at pedestrian crossings

§41.1(M) Placement of Devices at Grade Crossings

(a) Whistle signs shall be installed in accordance with Commonwealth of Massachusetts requirements (see §39.0(M)(c)).

(b) The design and placement of grade crossing signage, roadway signage, and appliances at both public and private grade crossings are governed by the Manual on Uniform Traffic Control Devices (MUTCD, see Part 8).

(c) Low ground clearance at grade crossings (see the MUTCD).

§41.2(M) Highway Grade Crossing Maintenance

(a) All roadway signs, highway traffic signal systems, and pavement markings are maintained by the municipality and/or Commonwealth.

(b) The railroad warning devices whether passive or active are maintained by the Operating Railroad Companies.

(c) At private grade crossings, any paving markings or highway signage is the responsibility of the roadway owner. The Emergency Notification Sign is the responsibility of the Operating Railroad Companies.

(d) Crossings should be kept clean and attention given to the following:

(1) Drainage: sloping the surface, if necessary, and constructing underground drains, as required.

(2) Surface water flowing along the highway toward the railroad should be diverted before it reaches the tracks.

(3) The ends of the crossing shall extend at least 2' beyond the width of the highway. Crossing surface installed in a gated pedestrian walkway area should be restricted to the width of the sidewalk gate.

(4) It is recommended that the ends of the crossing surfaces be protected by either end deflector plate/ballast or asphalt to prevent against dragging equipment.

(5) Flangeways shall be 2-1/2" wide and not less than 2" deep. They must be kept clean at all times and free of debris, ice, and snow.

(6) Crossing surface materials and components should be inspected, aligned, and properly secured to the track structure so that the materials cannot damage rolling stock and/or motor vehicles. Crossing surface material that cannot be properly secured and/or repaired shall be removed and temporarily replaced with cold patch or asphalt.

(7) The four quadrant site distances for vehicles approaching the highway grade crossing shall be kept as clear as practicable.

(8) When installing or making general repairs to crossings, track alignment should be established by transit and/or mechanical lining devices.

(9) The condition of crossing approaches is vital to the performance of a grade crossing. Special attention should be paid to the surface and alignment on the crossing approaches so that the ties are tamped and there is a smooth transition into the crossing area.

(10) Special attention should be paid to the maintenance of joints and welds at crossing ends. This includes insulated and conventional track joints, as well as field and plant welds. When performing maintenance, track joints should be eliminated as soon as possible.

(11) Joints must be avoided within the area of the crossing panel.

(12) When working at a crossing, rail should be observed under load to determine if there is excessive rail movement. As track deflects under load, cut spikes tend to loosen. Loose and worn fastening systems should be repaired and/or replaced as necessary to minimize all track and crossing surface movement.

(13) In an emergency (broken weld or rail), when welding joints within the limits of the crossing panel, closure welds may be made by the thermite process.

(14) When changing a broken rail in a crossing, ensure that all clips, spikes, plates, and excessively worn components are replaced and secured. Galvanized clips should be installed. Ties should be tamped. Rails temporarily joined with joint bars should be field welded as soon as practicable. If the broken rail is replaced in CWR territory refer to Appendix A, “Continuous Welded Rail (CWR) Procedures” for proper rail adjustment procedures.

(15) Use of gage rods in crossings is prohibited.

(16) Fastening and clipping devices shall be used that do not interfere with the installation of the crossing surface materials.

(17) Galvanized clips should be used in crossings with an elastic fastening system.

(18) Seasonal clearing of silt and other debris from both crossing approaches.

(19) Clean out flangeways in the Fall (e.g., sand and dirt).

(e) All new crossings must be complaint with the Americans with Disabilities Act (ADA).

(f) MassDOT has a number of different types of highway grade crossings types. Pictures of the more common types are shown below:

(1) Asphalt With Cut Flangeway (not recommended for mainline track except overnight during crossing renewals or for emergency repairs).

(2) Timber and Asphalt

(3) Timber

(4a) Full Depth Rubber with Rail Seal

(4b) Full Depth Rubber with Rail Seal

(5) Full Depth Concrete on Wood or Concrete Ties

(6) Rubber Flangeway and Asphalt

Subpart C - Track Geometry

§53.0(M) GAGE

§53.1(M) Standard for Gage

(a) The standard gage for track, measured between the running rails at right angles to the track, 5/8" below the top of rail, is 56-1/2".

(b) Gage will be 56-1/2" unless specified by the MassDOT Rail and Transit Division.

(c) When gaging is required, care should be taken to not adversely affect the alignment of the track. Changes in prescribed gage should be made in uniform increments as given in §53.2(M).

(d) Gage shall be changed by adjustment of the rail opposite the line rail (preferred method).

(e) In some cases, gage may be adjusted on the line rail only if the adjustment will improve line and ride quality (e.g., joint elbowed out on the line rail).

(f) In cases where the line rail is re-aligned, re-spike line high rail and then re-gage the low rail.

§53.2(M) Maintenance of Gage

(a) Gage shall be measured with a standard track gauge or other authorized devices. These devices must be checked daily prior to use for accuracy.

(b) Maintenance shall be performed when gage reaches the following limits:

Gage Maintenance Limits			
Class of Track	**Minimum (Inches)**	**Maximum (Inches)**	**Maximum Rate of Change in Gage per 31' (Inches)**
1	56-1/8	57-1/2	1
2	56-1/8	57-1/4	3/4
3	56-1/4	57-1/4	3/4
4	56-1/4	57	1/2
5	56-1/4	57	1/2

(c) Gage rods shall be applied only in emergency situations for temporary repair. Permanent repairs to gage should be completed as soon as possible. On main line tracks, gage rods shall only be installed in an emergency and removed as soon as possible.

(d) When using gage rods in signal territory, insulated rods are to be tested by the Signal Maintainer prior to installation. When permanent repairs are completed, gage rods are to be completely removed.

§55.0(M) ALIGNMENT

Alignment is the horizontal location of a railroad as described by curves, spirals, and tangents.

§55.1(M) Maintenance of Alignment

(a) Outer rails of curves and field side rails on tangents should be selected as the line rails. On single tangent track, either rail may be used as the line rail, however, the north or east rail is the preferred line rail. The same line rail shall be used for the full length of the track tangent.

(b) In general, alignment information may be obtained using the following:

(1) The stringline method.

(2) Surveying equipment or a rail-mounted laser.

(3) The automatic geometry system on an approved tamper.

(4) Track geometry car.

(c) Maintenance shall be performed when alignment values reach the limits given in the table below.

(1) Alignment deviation in curves, as defined in this table, is the difference in mid-ordinate value between adjacent stations and not the average of multiple stations (uniformity) as defined in FRA §213.55.

(2) The definition of alignment deviation used in this paragraph, allows the maintainer to achieve alignment tolerances that are more restrictive than those defined in FRA §213.55.

Alignment Maintenance Limits

Class of Track	**Tangent Track**	**Curved Track**	
	The deviation of the mid-offset from a 62' chord[(1)] may not be more than (Inches):	**The deviation of the mid-ordinate from a 31' chord[(2)] may not be more than (Inches):**	**The deviation of the mid-ordinate from a 62' chord[(2)] may not be more than (Inches):**
1	3-3/4	N/A[(3)]	3-3/4
2	2-1/4	N/A[(3)]	2-1/4
3	1-1/4	7/8	1-1/4
4	1	3/4	1
5	1/2	3/8	1/2

Notes:

(1) The ends of the line shall be at points on the gage side of the line rail, 5/8" below the top of the railhead. Either rail may be used as the line rail; however, the same rail shall be used for the full length of that tangential segment of track.

(2) The ends of the line or chord must be at points on the gage side of the line rail, 5/8" below the top of the rail head. Use line rail in accordance with §55.1(M).

(3) N/A – Not Applicable.

(d) Designation of line rail:

(1) On tangent track in single track either rail or rail on the mile post side.

(2) On tangent track and multiple tracks the field side rail.

(3) In single or multiple tracks in curves on the high/outer rail.

(e) Curve realignment changes in CWR territory must be made in accordance with Appendix A, "Continuous Welded Rail (CWR) Procedures."

(f) Alignments must be maintained within the prescribed limits given above. Roadway clearances are prescribed in AREMA, Chapter 28 (see Table 28-3-3, "Legal Clearance Requirements by State" (in English Units)).

§55.2(M) Stringlining Curves

(a) Stringlining of curves is a method for determining the most advantageous alignment that can be obtained with reasonable amounts of throw.

(b) Any of the established numerical or mathematical methods, such as the automated geometry system on tampers, the "Bartlett Method" or "Bracket Method," may be used to calculate the throws of curves.

(c) The practical relationship between station and chord length, mid-ordinate value, and degree of curvature for station lengths most commonly used is shown below:

Degree of Curve	Mid-Ordinate	Station Length	Chord Length
1°	1"	31'	62'
1°	1/4"	15'-6"	31'

(d) In higher degree curves, shorter station lengths and chords are to be used. It may be desirable to use longer station lengths and chords for curves less than 30 minutes.

(e) Basic stringlining principles:

(1) The mid-ordinates of a curve are indicative of its degree of curvature.

(2) The mid-ordinates of a uniform circular curve are equal when measuring offsets using chords of equal length.

(3) The mid-ordinate varies directly with the degree of curvature.

(4) Where track is thrown in or out at any single station on the curve, the mid-ordinate of the curve at the station is affected by the amount of the throw and the mid-ordinates at the adjacent stations are affected by half the throw amount, but in the opposite direction.

(5) All calculations should be checked to ascertain that the calculated throws will actually produce the required changes in mid-ordinates.

§55.2.1(M) Stringline Procedures: Road Worker Protection (RWP) and Personal Protection Equipment (PPE)

(a) Ensure area to be stringlined has the proper RWP Procedures in effect.

(b) A minimum of three people is required when using conventional stringline equipment.

(c) Many curves have grease on the rails with residual amounts on the ties and ballast so caution needs to be taken when walking in areas to be stringlined.

(d) Wear Operating Railroad Company's designated PPE, to include gloves that protect hands from getting dirty.

(e) Ensure that all stringline equipment is cleaned after use.

§55.2.2(M) Stringline Procedures: Items/Tools Required:

(a) Keel or crayon marker

(b) Writing instrument

(c) Stringline data sheet (as given below) with clip board

(d) 100' cloth tape with 6' folding wood ruler

(e) Stringline paddles with string

(f) Ordinate ruler

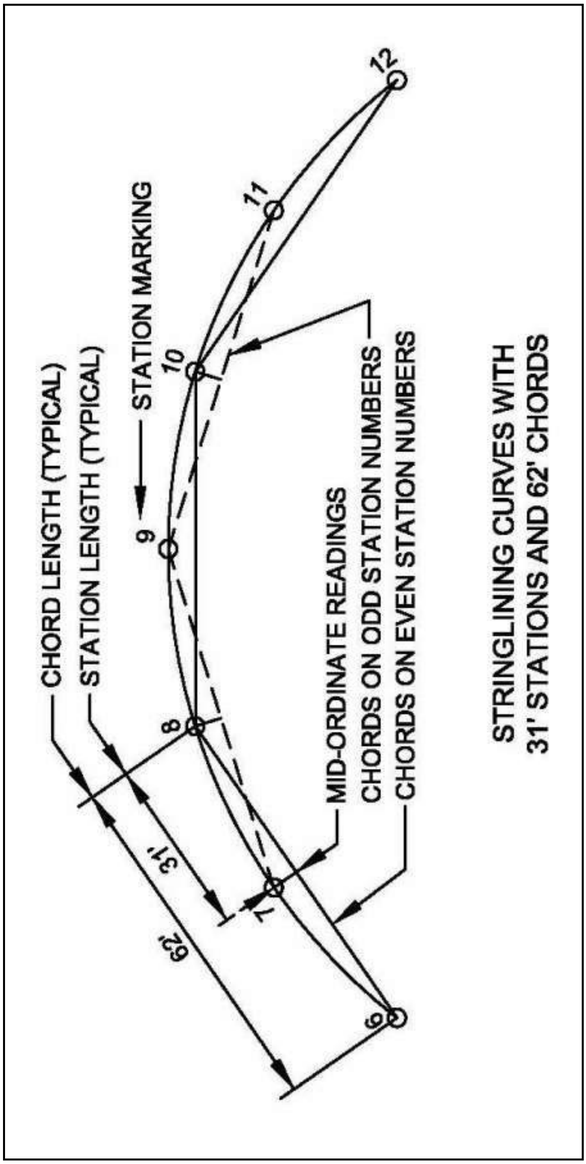
(g) Level board

§55.2.3(M) Stationing Curves and Obtaining Stringline Data

(a) The figure below shows a typical curve with stationing marked out in keel and the chords in place for measurement of mid-ordinates.

(b) Ordinate readings are taken at odd and even stations.

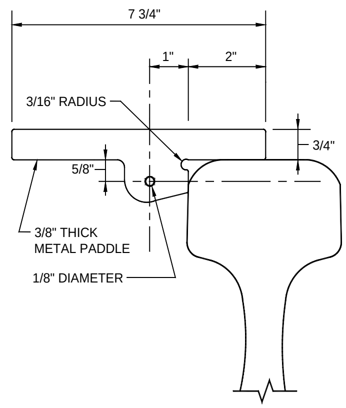
(c) A chord length of 62' is the chord used for this stationing.



Stringlining of Curves

(d) Stationing shall begin at a point on the tangent far enough ahead of the curve to permit the measurement of any reverse curvature or “dog-leg.” Stationing shall continue throughout the curve to a point on the tangent five stations beyond the tangent point to permit measurement of any reverse curvature. Mark stations on rail web with keel.

(e) When obtaining mid-ordinate date, stringline paddles should be used to position the string a distance of 1" away from the gage line of the rail, so as to locate and permit measurement of any local deviations in the curve. A typical stringline paddle is shown below.



STRINGLINE PADDLE
SCALE: 3"=1'-0"

Note: In curved track, measurements are taken on the gage side of the high rail (line rail) if possible. If not, field side of low rail may be used.

(f) The Stringline Data Form should be used to record field measurements and for making mathematical calculation (see §55.2.4(M)).

(g) When a conventional ruler is used to measure the mid-ordinate, the actual scale reading should be recorded and a correction made to the mid-ordinate value to compensate for any offset of the stringline from the rail. Conventional stringline paddles require that 1" be subtracted from the readings taken to give the correct mid-ordinate value.

(h) Mid-ordinate measurements should be taken (with an accuracy of 1/16"+/-) with the stringline pulled taut, not affected by the wind, and with the stringline paddles and the scale held horizontal and perpendicular to the gage face of the rail.

(i) Track center lines should be measured and recorded at every station in a two or more track territory. The distance from centerline of track to any obstruction that might interfere with the lining of the curve should be measured and recorded so that limiting throws for these tight spots may be determined.

(j) The apparent location of the curve points Tangent to Spiral (TS), Spiral to Curve (SC), Curve to Spiral (CS) and Spiral to Tangent (ST) should be noted when stationing the curve as appropriate so that the relationship between alignment and required superelevation can be determined.

(k) At all station locations record:

  (1) Crosslevel as read by a level board.

  (2) Gage as read from the 6' ruler (or calibrated level board).

  (3) Track centers if in multiple track territory.

  (4) Physical features in the field such as crossings, turnouts, field or plant welds, joints, curve tags, bridge girders, grease pots, impedance boxes, etc., that may affect the ability to throw a curve.

55.2.4(M) Stringline Data Form

(a) Below is an example of a Stringline Data Form to be filled out when stringlining a curve.

CURVE ID. ___________

MassDOT RAILROAD STRINGLINE DATA FORM

BRANCH __________ **MP**__________ **TRACK** __________ **CHORD (Ft.)** __________ **STATION (Ft.)** __________ **ORDINATE** __________

DEGREE: _________________________

PRES. ELEV: _________________________

PROP. ELEV: _________________________

DATE MEASURED: ___________________________

DATE LINED: ____________

DATE TAGGED: _______________

COMPUTED BY: _______________

APPROVED BY: ___________________________________

DATE: ___________________________

STATION 0 AT _______________ **END**

STA. NO.	TRACK CENTERS	EXIST. GAGE	EXIST. ELEV.	EXIST. ORD.	NOTES	CLEARANCE TO FIXED OBJECT	FINAL ORD.	PROP. ELEV.	THROW	STA.

§57.0(M) CURVES: ELEVATION AND SPEED LIMITATIONS

§57.1(M) General

(a) Elevation, or superelevation, is the vertical distance of the outer rail of a curve above the inner rail. It is provided to overcome or partially overcome the effects of curvature and speed.

(b) Passenger railroads primarily elevate curves to provide adequate ride quality.

(c) Freight railroads primarily elevate curves to provide ride quality and reduce rail wear.

(d) Maximum authorized speed (MAS) for a curve is that specified in the current Operating Railroad Company's Employee Timetable.

§57.2(M) Superelevation

(a) The MassDOT Rail and Transit Division shall establish the amount of superelevation and underbalance to be placed and maintained on each curve.

(b) The superelevation should not exceed values given in Appendix C, "Underbalance Table - Maximum Allowable Operating Speed On Curves."

(c) MAS shall be determined using 3" of unbalance (E_u).

§57.3(M) Superelevation Tags

(a) Curves should be tagged in the field. Points to be marked or tagged on the curves are: TS, SC, CS, and ST.

(b) Information on curve tags shall include the maximum design superelevation and the date the curve is elevated.

(c) Superelevation tags are placed as follows:

(1) The TS and the ST tags are placed 1" off the tie plate and/or elastic fastener perpendicular to the high rail.

(2) The SC and CS tags are placed 1" off the tie plate and/or elastic fastener parallel to the high rail.

§59.0(M) Elevation of Curved Track; Runoff

(a) If a curve or segment of a compound curve is elevated, the full elevation must be provided between points of full curvature throughout the curve, unless physical conditions do not permit. If the elevation does not extend throughout the curve, or segment of a compound curve, the minimum elevation must be used in determining the maximum allowable operating speed under FRA §213.57(b).

(b) Elevation runoff must be at a uniform rate, within the limits of track surface deviation prescribed in FRA §213.63 and it must extend at least the full length of the spiral. If physical conditions do not permit a spiral long enough to accommodate the minimum length of runoff, a maximum of 1" elevation may be run off in tangent track.

Maximum Authorized Speed (MAS)	Maximum Rate of Change in 31'
Up to 59 MPH	1/2"
60 to 90 MPH	3/8"

(3) At least 100' of tangent track, with zero crosslevel, shall be provided between the zero superelevation points in adjacent curves of opposite direction, or facing same hand turnouts, where practicable.

§61.0(M) CLEARANCES AND TRACK CENTERS

§61.1(M) Track Centers

(a) In maintaining alignment, the existing track centers, including equivalent centers on curves, must not be reduced below the minimum established for the territory.

(b) When surfacing track, any changes in track centers must be immediately reported to the Operating Railroad Company and the MassDOT Rail and Transit Division.

(c) In maintaining alignment, existing track center distances, including equivalent distances on curves, should not be decreased without the authority of the MassDOT Rail and Transit Division.

(d) If the measured track center in tangent track is less than 12'-6" notify the MassDOT Rail and Transit Division for guidance.

(e) On curves, the tangent track center must be increased as follows (see MassDOT MBTA Plan 1018):

  (1) Where the amount of superelevation is the same on adjacent tracks or the superelevation of the inner track is greater than the superelevation of the outer track, increase the tangent track center distance at a rate of 2" per degree of curve (CRDS(6)(D)(2)).[1]

  (2) Where the amount of the superelevation of the outer track is greater than the superelevation of the inner track:

    (i) Increase the tangent track center distance at a rate of 2" per degree of curve and 3-1/2" for each 1" difference in elevation between the outer and inner tracks (and/or tracks under consideration) (CRDS(6)(D)(4)).[1]

  (3) When aligning and super-elevating curves, the required increase in track centers should be as given in Paragraphs (e) (1) and (2) of this Part.

  (4) Track centers that do not meet the requirements of the MBTA Plan 1018 should be reported to the MassDOT Rail and Transit Division.

(f) Standard Tangent Track Center Dimensions:

  (1) The standard track center for tangent main line tracks is 14'-0".

  (2) Track centers of 13'-0" are permissible where 14'-0" centers are not possible as approved by the MassDOT Rail and Transit Division (CRDS (6)(D)(1)).[1]

(g) Track clearance information is given in the MBTA Book of Standard Plans. See:

  (1) Dwg. No. 1012: “Standard Clearances General Roadway Obstructions – Tangent Track”

  (2) Dwg. No. 1013: “Standard Clearances at Stations – Tangent Track”

  (3) Dwg. No. 1014: “Standard Clearances Tangent Track Signal Equipment & Utility Crossings”

  (4) Dwg. No. 1015: “Clearances for New Overhead Bridges”

  (5) Dwg. No. 1017: “Standard Clearances Tangent Track Bridges”

  (6) Dwg. No. 1018: “Standard Track Centers & Side Clearance Increases for Curved Track”

  (7) Dwg. No. 1019: “Clearances at Passenger Platforms”

[1] MBTA Commuter Rail Design Standards Manuals, Vol. I, Revision 1, April 19, 1996.

§61.2(M) Horizontal Clearances

(a) Side Clearance Increase Because of Curvature:

(1) Side clearances must be increased on both the inside and outside of curves. This is to maintain equivalent tangent clearance on curves which is decreased due to:

(i) End overhang of equipment on the outside of curves, and;

(ii) Mid-ordinate swing-in on the inside or curves.

(2) Required side clearances increase on both inside and outside of curves:

(i) 1.5" per degree of curve (AREMA Chapter 28, Section 1.1).

(3) On curved track, side clearances shall be increased 1" per degree of curve. As recommended by AREMA Chapter 28, Section 1.1., Special Notes (1984), clearances to fixed obstructions should be increased within 80' of the curve (from TS and/or ST):

(i) Clearances to fixed objects within 80' of a curve should be increased at least as given in the table below:

Distance from Fixed Obstruction to Curve (TS and/or ST) (Feet)	**Increase in Clearance Per Degree of Curve (Inches)**
20	1-1/2
40	1-1/8
60	3/4
80	3/8

(4) Also see MBTA Standard Plan No. 1018.

(b) Side Clearance Increase Because of Superelevation:

(1) Side clearances on the inside or low side of the curve must be increased to compensate for the inward lean of the equipment when a curve has superelevation.

(2) The increased side clearance amount required to clear an object and/or obstruction is:

(i) Increased side clearances required in inches

$$= h/5 \times E_A,$$

Where:

h = height of obstruction/object in feet above top of rail.

E_A = actual elevation in curve at point in question in inches.

(3) See MBTA Standard Plan No. 1018.

§61.3(M) Vertical Clearances

(a) The minimum preferred vertical clearance required by the Commonwealth of Massachusetts is 22'-6" above top of rail.

(1) See AREMA, Section 3.6, “Legal Clearance Requirements by State.”

(2) See Table 28-33, for Massachusetts for both horizontal and vertical clearances.

(b) Compensation for Superelevation:

(1) If tracks are superelevated under an overhead (OH) structure:

(i) Vertical clearance must be increased to accommodate the required vertical clearance out to a point 7'-0" from the centerline of track on a plane parallel to the top of rail of the superelevated track (CRDS (6)(B)(3)).[2]

(2) Relative to the low rail and/or grade rail, the required vertical clearance in superelevated curves is increased by the amount (inches) calculated below:

(i) Increase in Vertical Clearance Required = 143 E_A

Where:

E_A = Superelevation in curve at point of interest

(c) Compensation in Vertical Clearance for Vertical Curves:

(1) When a vertical curve exists under an overhead structure and/or obstruction, additional clearance is required to:

(i) Accommodate the vertical mid-ordinate of railway equipment (cars and locomotives)

(2) For railway equipment up to 90' in length, the required increase in vertical clearance can be calculated as follows (CRDS(6)(B)(4)).[2]

(i) Increase in Vertical Clearance Required = $\frac{0.90 \times G_1 - G_2}{8}$

Where:

G_1 = Grade at point on vertical curve (PVC) in percent

G_2 = Grade at point on vertical tangent (PVT) in percent

§61.4(M) Clearance Limiting Objects

(a) For clearance limiting objects, see AREMA, Chapter 28, Table 28-3-3 "Legal Clearance Requirements by State" and the MBTA Book of Standard Plans.

(b) The clearance from the center line of track to objects within the right-of-way such as: signal appliances, signal bridge foundations, bridge abutments and platforms shall not be reduced without ascertaining that the final clearance to the object is no less than given in AREMA, Chapter 28, Table 28-3-3, "Legal Clearance Requirements by State" and the MBTA Book of Standard Plans.

§62.0(M) GRADES

§62.1(M) Grade Limitations

(a) The maximum design gradient shall be 1-1/2% and may be exceeded only with the approval of the MassDOT Rail and Transit Division.

(b) Storage and/or yard track grades shall be level where existing grades and obstructions permit.

(c) When reconstructing track, the existing profile must be retained except where it is possible to reduce the severity, length or the number of grades.

(d) Frequent changes in gradient shall be avoided as this introduces more vertical curves into the geometry and may degrade ride quality and increase train resistance.

(e) The preferred minimum length of vertical tangent is 300'**.**

(f) However, an absolute minimum length of 100' is required (unless approved by the MassDOT Rail and Transit Division).

[2] MBTA Commuter Rail Design Standards Manuals, Vol. I, Revision 1, April 19, 1996.

§62.3(M) Horizontal Curves/Minimum Tangent Lengths

(a) For spiraled compound or reverse curves, the above minimum tangent length between spirals and/or curves is as follows:

(1) A minimum tangent length of 100' on main tracks.

(2) A minimum tangent length of 85' on secondary tracks.

(3) An absolute minimum tangent length of 65', if approved by the MassDOT Rail and Transit Division.

§63.0(M) TRACK SURFACE

§63.1(M) General

(a) Track surface is the relationship of opposite rails to each other in profile and crosslevel.

(b) Track profile is the running surface along the top of the grade rail.

(c) Crosslevel is the difference in elevation across opposite rail heads measured at right angles to the track alignment.

(d) The ideal surface is a uniform profile consisting of constant grades connected by vertical curves, with zero crosslevel on tangents and predetermined crosslevel on curves.

(e) The profile of track being surfaced should not be raised above established grades, except as approved by the MassDOT Rail and Transit Division, who will give consideration to the required elevations and clearances:

(1) In tunnels; and

(2) Under overhead bridges/structures; and

(3) At interlocking plants; and

(4) Highway grade crossings.

(f) Any encroachment upon the published minimum overhead or side clearances from a track will not be permitted.

(1) See AREMA, Chapter 28, Table 28-3-3, “Legal Clearance Requirements by State.”

§63.2(M) Maintenance of Track Surface

(a) The following criteria will serve as a practical guide for maintaining smooth riding conditions on existing tracks.

(b) The basic tools for determining correct track surface are the standard track level and stringline. The track level should be checked by the employee inspecting the track prior to use. If found to be incorrect, it must be accurately adjusted or replaced. Other approved devices may be used for determining crosslevel, but their accuracy should be determined by comparison with a standard track level in correct adjustment.

(c) When surfacing or raising track, one rail, which shall be the low rail on curves and usually the line rail on tangents, shall be selected as the grade rail. The other rail must be brought to surface by adjusting the crosslevel as required.

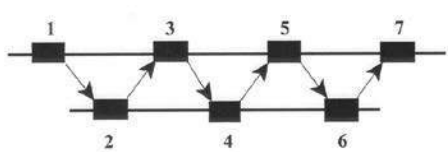
(d) For Track Classes 1-5 track, surface may not deviate more than the amount prescribed in the following table.

Surface Maintenance Limits					
Track Surface	**Class of Track**				
	1	**2**	**3**	**4**	**5**
The runoff in any 31' of rail at the end of a raise may not be more than (inches):	2-5/8	2-1/4	1-1/2	1-1/8	3/4
The deviation from uniform profile on either rail at the mid-ordinate of a 62' chord may not be more than (inches):	2-1/4	2	1-5/8	1-1/2	1
The deviation from zero crosslevel at any point on a tangent or the reverse elevation on curves may not be more than (inches):	2-1/4	1-1/2	1-1/4	1	3/4
The difference in crosslevel between any two points less than 62' apart may not be more than (inches):*(1, 2)	2-1/4	1-1/2	1-1/4	1	3/4
*Where determined by engineering decision prior to June 22, 1998 due to physical restrictions on spiral length and operating practices and experience, the variation in crosslevel on spirals per 31' may not be more than (inches):	2	1-3/4	1-1/4	1	

Notes:

(1) Except as limited by Part I, FRA §213.57(a), where the elevation at any point in a curve equals or exceeds 6", the difference in crosslevel within 62' between that point and a point with greater elevation may not be more than 1-1/2".

(2) However, to control harmonics on Track Classes 2-5 jointed track with staggered joints, the crosslevel differences shall not exceed 1-1/4" in all of six consecutive pairs of joints, as created by seven low joints (see diagram below). Track with joints staggered less than 10' shall not be considered as having staggered joints. Joints within the seven low joints outside of the regular joint spacing shall not be considered as joints for purposes of this footnote.



§63.3(M) Surfacing Areas That Require Special Attention

(a) Special attention must be given to the surface and line of track at the ends and approaches of bridges, crossings, and platforms.

(b) When surfacing, installing or tamping ties, particularly in interlocking plants, care must be taken to avoid breaking or damaging bond wires, pipes, cables or wire connections to the tracks. The Signal Maintainer must be notified prior to any work and all signal appliances are to be marked with high-visibility paint. Notify the Signal Maintainer immediately if damage occurs. Care shall be exercised to avoid the dropping or laying of metal tools or objects across the rails and causing a shunt of the signal circuits.

(c) In hot weather when surfacing track, the requirements of FRA §213.119 and Appendix A, “Continuous Welded Rail (CWR) Procedures” must be followed.

(d) During freezing and thawing weather, attention must be given to the surface of track likely to be affected by heaving due to frost action. Surface irregularities due to frost action that cannot be corrected by usual procedures may be temporarily corrected by use of track shims or by de-icing the ballast. Shimming must be performed in compliance with FRA Part 213 and §129.0(M).

(e) Undercutting, out-of-face track surfacing, and out-of-face tie renewal shall be performed in accordance with Appendix A, “Continuous Welded Rail (CWR) Procedures.”

§63.4(M) Surfacing Track

(a) When track is given a general raise, both rails should be raised at the same time. When track jacks are used, they should be placed opposite each other on the field side of the rail and must not be placed between the rails, except when absolutely necessary.

(b) Surfacing track with automated tamping equipment causes ballast breakdown and, therefore, should only be performed where it is determined to be an effective solution to correct track geometry defects or to raise the track to a required profile. Surfacing work shall be executed in a manner that assures maximum durability of the track raise and the ballast materials.

(c) When track is given a general raise, it is important to consider the relationship between the amount of lift and durability of results. In general, average lifts between 1" to 2" are desirable. Higher raises may be performed, with multiple passes, under the authority of the MassDOT Rail and Transit Division.

(d) Adequate ballast for dressing to the required ballast cross section should be distributed in advance of surfacing and aligning track.

(e) CWR track that has been surfaced and aligned and is being returned to service will be inspected by a qualified person before releasing and in accordance with Appendix A, “Continuous Welded Rail (CWR) Procedures.”

(f) Track should not be raised in interlockings or in signal territory until advance notice has been given to the Signal Maintainer so that switches, or other appliances, can be protected and then re-inspected when the work is completed.

Subpart D - Track Structure and Materials

§100.0(M) MATERIALS

"Track structure" materials include: sub-ballast, ballast, ties, rails, rail fastenings, and other track materials (OTM).

§100.1(M) Handling and Care of Materials

(a) Moving materials from place to place and caring for materials on hand is costly and requires careful planning. Therefore, the amount of material on hand and the number of handlings should be kept to a minimum.

(b) Threaded and/or insulated materials and parts should be kept under cover and protected from the weather.

(c) Materials should be distributed in such a manner so as not to become a tripping hazard or be lost prior to installation in track.

(d) Whenever possible, CWR distributed for installation should be distributed clear of the track.

 (1) When necessary to be placed in the center line of the track, the rail ends should be protected by bending them towards the center line of track (proper nosing).

 (2) When unloaded, CWR should be secured and insulated in such a manner as to prevent shunting of the signal system.

 (3) The top of the CWR, when distributed in the center line of track, should not exceed the height of the running rails.

§100.2(M) Classification of Materials

(a) Materials are classified as follows:

 (1) New: Unused, as manufactured.

 (2) Rehabilitated: Worn materials removed from track and repaired to a relay condition for reuse (e.g., rebuilt frogs).

 (3) Relay: Usable (second-hand) material removed from track to be reused with no required work to be performed before re-installation into track, such as:

 - relay ties,
 - relay rail,
 - relay frogs,
 - relay joints,
 - relay fasteners,
 - relay turnouts, and
 - other special trackwork.

 (4) Scrap: Materials removed from tracks that are not suitable for reuse.

§100.3(M) Removal and Disposition of Materials

(a) Materials removed from track shall be classified as relay or scrap (see §100.2(M)).

(b) Relay materials shall be sorted and stored properly and safely at the Operating Railroad Company's designated MOW materials area for reuse.

(c) Scrap materials shall be disposed of by the Operating Railroad Company in accordance with MassDOT, local, State, and Federal regulations.

(d) Reroller materials are used to fabricate other steel products (see §113.4.1(M)).

(e) Materials shall be removed from the work area as quickly as practicable so as to provide for a clean, safe, right-of-way, and stored securely.

§103.0(M) BALLAST; GENERAL

§103.1(M) Ballast Characteristics

(a) Unless supported by a structure, all track must be supported on a material that will:

  (1) Transmit and distribute the load of the track and railroad rolling equipment to the sub-ballast and then to sub-grade.

  (2) Provide lateral, longitudinal, and vertical restraint for the track.

  (3) Provide drainage for the track structure.

  (4) Facilitate the maintenance of track elevation, crosslevel, surface, and alignment.

(b) Ballast shall conform to the AREMA recommended practice Chapter 1 and Part 2, Section 2.4 to include Tables 2-1 and 2-2. Ballast may be obtained only from MassDOT Rail and Transit Division approved quarries.

(c) When ballast received is of inferior quality, has improper grading, or contains quantities of screenings, dirt, or foreign matter, it shall be rejected and shall be reported to the Track Supervisor, so that corrective action may be taken.

§103.2(M) Ballast Unloading

(a) To the extent practicable, ballast should be unloaded in position for use with a minimum of rehandling and dressing.

(b) Ballast must be distributed and immediately dressed so that adequate clearance below top of rail is provided for the movement of rolling stock and track equipment. Switches are not to be fouled and guard rails are not to be obstructed.

(c) When unloading ballast cars, caution should be used to ensure that both sides of the car are unloaded equally to maintain the stability of the car while unloading.

(d) Use the table given below to determine typical ballast quantities for track panels and special trackwork renewals.

Renewal Type	Number of Ballast Cars
Track Panels (3 each)	1
Crossing Frogs	1
No. 7, 8, 9, 10 Turnouts	2
No. 15 Turnouts	3
No. 20 and 24 Turnouts	4

§103.3(M) Ballast Section

(a) Ballast and sub-ballast cross sections should conform to AREMA, Chapter 1, Section 2.1, “Design,” Figures 1-2-1 through 1-2-4.

(b) Minimum ballast shoulder widths are:

Jointed Rail 12" shoulder	2:1 slope
CWR Rail 12" shoulder	2:1 slope
CWR on curves 16" shoulder	2:1 slope

(c) On CWR track, take remedial action where there is insufficient ballast (see Appendix A, “Continuous Welded Rail Procedures”).

§103.4(M) Fouled Ballast

(a) Ballast may consist of crushed slag, crushed stone, screened gravel, pit-run gravel, chat, cinders, scoria, pumice, sand, mine waste, or other native material, and is an integral part of the track structure.

(b) Ballast, regardless of the material, must satisfy all four of the requirements stated in the FRA Track Safety Standards.

(c) The sole appearance of fouled ballast (ballast contaminated with broken down ballast particles, mud, coal dust, or any foreign particles), does not warrant a defect or violation to be written, if the ballast section is properly transmitting the load, restraining the track, providing adequate drainage, and maintaining proper geometry.

(d) However, fouled ballast that is unable to provide adequate drainage is of particular concern because it compromises the ability of ballast to meet its other three functions (i.e., to distribute load, restrain track, and maintain proper geometry).

(e) When fouled ballast with inadequate drainage is present, wheel loads are likely to be concentrated, rather than distributed, causing deterioration of components and instability in the area of the defective ballast.

(f) This deterioration of components and instability increases the risk of track shift (such as a track buckle), and also increases the rate of degradation of geometry, and may result in a derailment.

(g) Factors that affect the rate of degradation of components and geometry include the tonnage, traffic density, and operating speeds, as higher tonnage, traffic density, and operating speeds increase the amount and/or frequency the forces exerted on the components

(h) Operating Railroad MOW personnel should look for indicators that the ballast is not performing its four functions, such as the existence of a crosstie and/or geometry condition.

  (1) The term “geometry condition” used here means a track surface, gage, or alignment irregularity that does not exceed the allowable threshold for the designated track class in the Track Safety Standards.

  (2) Operating Railroad MOW personnel are encouraged to use their technical knowledge and professional experience in recognizing fouled ballast, and should take into account the severity of a geometry condition along with the following factors when considering the action and/or remedial action required:

  - Track class and operating speed
  - Traffic density and wheel loads
  - Adequacy of shoulder ballast and crib ballast
  - Track type: route for passenger and/or hazardous materials
  - Potential that the track may deteriorate very rapidly following heavy rains
  - Center-bound cross ties, if observable
  - Rail and fastener conditions
  - Sub-grade condition, if observable
  - Surrounding track structure (embankment or cut, obvious/observable variation of track stiffness of the left from right side of the track, and from the adjacent areas along the track)

- Proximity of the defective ballast locations to switches (special work), joints, bridges, or grade crossings
- Existence of standing water or indications that water had been standing (as water sometimes get trapped beneath the ties and may not be visible on the surface)

§103.5(M) Ballast Cleaning

(a) When ballast in track becomes fouled, it should be mechanically cleaned, or removed, and then replaced to restore performance and proper drainage.

(b) The type of cleaning procedure employed should depend on the nature and extent of the fouling.

(c) Types of ballast cleaning and/or removal activities are described below:

(1) Shoulder ballast cleaning promotes lateral drainage of the track structure. A proper cycle of shoulder cleaning can aid in extending the cycle between undercutting operations.

(2) Undercutting cleans the ballast under the track to include the ties, cribs, and shoulders.

(3) A portion of the ballast removed may be returned to the track for reuse if approved by the MassDOT Rail and Transit Division.

(4) See Appendix A, "Continuous Welded Rail (CWR) Procedures," for the proper procedures for shoulder cleaning and undercutting of track with CWR.

§103.6(M) Ballast Gradation

(a) The nominal size of crushed stone used for ballast in maintenance and new construction shall be as follows (unless otherwise directed by the MassDOT Rail and Transit Division):

All tracks:

Ballast Size AREMA No. 4 3-4" to 1-1/2"

§109.0(M) CROSSTIES

(a) Crossties shall be made of a material for which rail can be securely fastened. A crosstie must have effective rail fasteners on both the gage and field side of both rails to be considered an effective tie.

(b) Each 39' segment shall have:

(1) A sufficient number of cross ties which in combination provide effective support that will:

(i) Hold gage within limits prescribed in FRA §213.53(b);

(ii) Maintain service within the surface limits prescribed in FRA §213.63; and

(iii) Maintain alignment within the limits prescribed in FRA §213.55.

(2) The minimum number and type of crossties specified in this section must be effectively distributed to support the entire segment; and

(3) At least one non-defective crosstie of the type specified in this section that is located at a joint.

(4) The minimum number of effective crossties as listed in the table below:

Minimum Number of Effective Crossties			Maximum Distance Between Effective Ties (Center to Center) (Inches)	Maximum Number of Successive Defective Ties (Normal Spacing)
Class of Track	**Tangent Track and Curves ≤ 2°**	**Turnouts and Curve Track > 2°**		
1	5	6	100	3
2	8	9	74	2
3	8	10	74	2
4 and 5	12	14	50	1

§109.1(M) Dimensions of Crossties

(a) Wood crossties are 7" in depth, 9" in width and 8'-6" in length (unless otherwise authorized by the MassDOT Rail and Transit Division).

(b) Timber crossties shall be of the following sizes:

Type of Track	Size
Main Line Track	7" grade (7"x9" x 8'-6")
Other Than Main Track and Yard Tracks	6" grade (6"x8" x 8'x6")
Grade Crossings	7" x 9" x 9', 7" x 9" x 10'[1]
Note: (1) Or as recommended by manufacturer.	

(c) The specifications for wood crossties shall be in accordance with AREMA, Chapter 2.

(d) Wooden transition ties may be used at open deck bridge approaches. Transition tie layout is to be approved by the MassDOT Rail and Transit Division.

(e) Concrete and steel ties may be used with the approval of MassDOT Rail and Transit Division.

(1) Concrete ties shall be sized according to MBTA Standard Plan 1120.

§109.2(M) Use of Crossties

(a) The use of crossties, other than those described in §109.1(M), shall be approved by the MassDOT Rail and Transit Division.

(b) The type and spacing of ties for each line and class of track shall be designated by MassDOT.

(c) The number of ties and tie spacing for each line and class of track shall be designated by the MassDOT Rail and Transit Division in accordance with the service requirements. Center to center tie spacings are given in the table below:

Type of Track	Distance (Inches)
Main Tracks	19-1/2"
Within Grade Crossing(1)	18"
Other Tracks	22"
Concrete Ties	24"
Steel Ties(1)	20"-24"
Note: (1) Or as recommended by the manufacturer.	

(d) It is recognized that ties will not normally be re-spaced except during reconstruction.

(e) However, when ties are installed out-of-face, ties should be re-spaced wherever practicable.

§109.3(M) Placement of Crossties

(a) Wood Crossties

- (1) Ties should be placed in track with the wider heart wood face down and square to the line of the rail.
- (2) The ends of standard 8'-6" ties should be brought to a uniform line 18" from the edge of the base of rail on the line side as follows:
  - (i) On single tangent track, line the ties to the mile post side of the track.
  - (ii) On roads with two or more main tracks, line the field ends of ties.
  - (iii) On all curved track, ties shall be lined to the high rail.
  - (iv) When necessary to install non-standard length ties, they shall be centered in the track.

(b) Any Crossties

- (1) Ties shall be kept sufficiently spaced and square to the line of rail to permit proper tamping and distribution of load.
- (2) When necessary, ties should be re-set to standard spacing.
- (3) Ties shall be square to the line of rail so that fastening systems are not subjected to a torsional load because of tie skewing.
- (4) When installed, crossties shall be properly tamped 12" on both sides of the base of rail.

§109.4(M) Preventing Crosstie Damage

(a) General:

- (1) When handling or spacing ties, care shall be taken not to damage them with MOW equipment, picks, and spiking hammers.
- (2) Tie tongs, lining bars and other suitable tools or tie spacing equipment shall be used, so as to prevent tie damage.
- (3) For additional information on fastener application see §127.0(M).

(b) Wood Crossties:

- (1) Adze ties as required to obtain a sound and true bearing to support the tie plate.

(2) If a tie will be reused, cedar tie plugs or an approved hole filler must be used to fill holes where spikes, pins and lag screws have been removed. The tie shall be installed with hole side up.

(3) Square tie plugs (5/8") are used with spikes and pins, round tie plugs (3/4" diameter) are used with lag screws.

§110.0(M) Switch Timber

(a) Timber switch ties shall be 7" grade (7" x 9"), except for power switch machine timbers, which shall be a cross section of 9" x 10", with lengths as shown on the standards plans.

(b) Use of switch timbers of other material must be approved by the MassDOT Rail and Transit Division.

§111.0(M) Bridge Timber

(a) Oak or Southern Yellow Pine Timber, or approved equal by the MassDOT Rail and Transit Division, shall be used on all open deck bridges.

(b) Bridge ties shall be adzed, framed, and sized according to framing plans prior to treatment. Suitable holes must be bored for drive spikes that fasten tie spacing bars on timbers.

(c) Where ties are bored or adzed in the field, they shall be treated with an appropriate preservative.

(d) Bridge ties shall be fastened to the structure with galvanized hook bolts as follows:

- On tangent track every 4^{th} tie shall have two hook bolts to connect the tie to the deck, or
- On curved track every 3^{rd} tie shall have two hook bolts to connect the tie to the deck; or
- The MassDOT Rail and Transit Division shall specify how many ties shall have hook bolts that connect ties to the deck on any and all spans.

(e) Lag screws shall be used in holes bored to size to fasten galvanized tie spacing bars on timber (see MBTA “Standard Book of Plans”).

(f) Tie spacing bar, spacer block, and hook bolt details are given on MBTA Standard Plan No. 1236 “Bridge Timber Anchoring Detail.”

(g) All open deck bridges shall have spacer blocks between all timber (see MBTA “Standard Book of Plans”).

§113.0(M) RAIL

§113.1(M) Branding and Stamping

(a) Branding shall be rolled in raised characters on the side of the web of each rail at a minimum of every 16' in accordance with the following requirements:

(1) The data and order of arrangement of the branding shall be as shown in the following typical brand:

136	RE	Manufacturer	2003	III or 3
(Weight)	(Section)	(Mill Brand)	(Year Rolled)	(Month Rolled)

(2) The method of hydrogen elimination shall be located in the brand when a hydrogen elimination method other than Vacuum Treated (VT) is used.

(b) The web of each rail shall be hot stamped a minimum of three times per rail (short rails must contain a minimum of one full stamp) on the side opposite the brand, and shall not occur within 2' of either end of rails, and in accordance with the following requirements:

(1) The data shall be shown in the following typical stamping. The height of the letters and numerals shall be 5/8".

SS, HH, LA, IH or LH	297165	PSTU	12	BC
(Rail Type)	(Heat Number)	(Rail Letter)	(Strand and Bloom Number)	(Method of Hydrogen Elimination, if indicated in stamping)
Notes: SS = Standard Strength HH = Head-Hardened LA = Low Alley Standard Strength IH = Low Alloy Intermediate LH = Low Alloy Head-Hardened				

(2) Rails from continuous cast blooms shall be identified by a designation for heat number, strand number, and bloom number. The rail shall be identified by an alphabetical designation beginning with “P”, and succeeding “S”, “T”, “U”, etc., consecutively, or any other identification of the position of the rail within the cast, as agreed between the purchaser and manufacturer.

(c) Markings:

(1) High-strength rails shall be marked by either a metal plate permanently attached to the neutral axis, hot stamped, or in the brand which gives the manufacturer, type, and/or method of treatment. Heat-treated rail shall be paint-marked orange. Alloy rail shall be paint-marked aluminum color.

(2) Non-AREMA (Industrial Quality) rails shall be paint-marked yellow.

(3) Short rails (less than 80') shall be paint-marked green.

(4) Trackwork rails shall be paint-marked white.

(5) Rail length shall be painted on the end faces or in a manner acceptable to the purchaser or manufacturer.

(6) Individual rails shall be paint-marked only one color, according to the order listed above.

(7) Industrial Quality (IQ) rails shall be permanently identified by grinding diagonally through every “RE” or other designation within the rails’ branding. Each designation brand shall be ground or milled diagonally from the top right hand corner to the bottom left hand corner, a minimum of 1/4" in width and to within 0.010" of the parent rail web surface.

(d) For further information on this subject see AREMA 2.1.6.

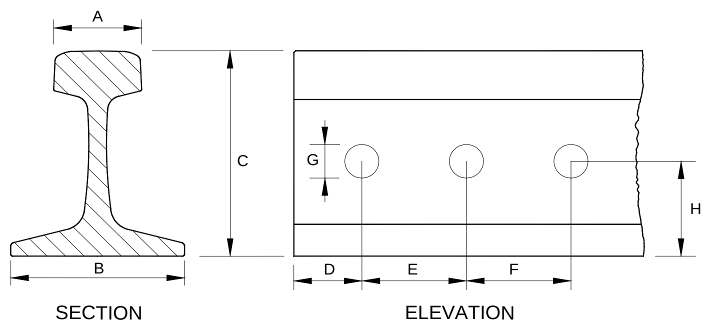
§113.2(M) Rail End Drilling and Bolt Hole Sizes

(a) Jointed rails consist of conventional length rails of 400' or less which are bolted together.

(b) CWR is continuous welded rail in strings of greater than 400' where the rails are welded by the flash butt process or by other methods as approved by MassDOT.

(c) Rail size dimensions and bolt hole drilling for typical rail sections are given in the following table.

(d) A rail and joint dimension table with some typical MassDOT rail sections is contained below.



RAIL DATA

Rail Data
(Inches)

Rail Section Dimensions In Inches	80# A.S.	85# A.S.	100# NH	105# DY	107# NH	112# R.E.	115# R.E.	119# R.E.	130# R.E.	131# R.E.	132# R.E.	136# R.E.	140# R.E.	141# R.E.
A - Head Width	2-1/2	2-9/16	2-3/4	3	2-3/4	2-23/32	2-23/32	2-21/32	2-15/16	3	3	2-15/16	3	3-1/16
B - Base Width	5	5-3/16	5-1/2	5-1/2	5-1/2	5-1/2	5-1/2	5-1/2	6	7	6	6	6	6
C - Height	5	5-3/16	6	6	6-1/8	6-5/8	6-5/8	6-13/16	6-3/4	7-1/8	7-1/8	7-5/16	7-5/16	7-7/16
D - Drilling (1st Hole)	1-15/16	1-15/16	2-1/2	2-3/4	2-1/2	2-7/16	3-1/2	3-1/2	2-3/8	2-1/2	3-1/2	3-1/2	3-12	3-1/2
E - Drilling (2nd Hole)	7	7	7	5-5/8	7	7	6	6	7	6-1/2	6	6	6	6
F - Drilling (3rd Hole)	-	-	-	5-5/8	-	6	6	6	NA	6-1/2	6	6	6	6
G - Diameter of Bolt Hole	1	1	1	1-1/16	1	1-1/8	1-1/8	1-1/8	1-11/32	1-1/8	1-1/4	1-1/4	1-1/4	1-1/4
H - Base to Center of Hole	2-3/16	2-9/32	2-39/64	2-5/8	2-39/64	2-7/8	2-7/8	2-7/8	2-3/4	3-3/32	3-3/32	3-3/32	3	3-3/32
I - Diam. of Bolt	7/8	7/8	7/8	15/16	7/8	1	1	1	1-1/8	1	1-1/8	1-1/8	1-1/8	1-1/8

Note:
[1] Source: AREMA Plan Nos. 4-1-6, 4-1-7, 4-3-13

§113.3(M) Recommended Maintenance Wear Limits for Rail

§113.3.1(M) Maximum Head and Gage Face Wear for Rail (In and Out of Track)

(a) With traffic, the rail head wears vertically and horizontally. As this wear increases, the cross section of the rail decreases. This decrease in rail section may overstress the rail causing rail failure.

(b) The following table contains the maintenance wear limits for maximum vertical wear and maximum gage face wear (both gage and field) for rail sections commonly found on MassDOT rail lines.

(c) Rail that has head and gage face wear, as given in the table below, shall be immediately removed from track and scrapped as soon as practicable.

(d) Rail replacement should be programmed prior to reaching the given maintenance rail wear limits.

§113.3.2(M) Railway Limits for the Welding of Relay Rail

(a) The table below gives the maximum head wear and gage face wear values recommended by AREMA for the welding of relay rail.

(b) Relay rail that has greater amounts of either head wear and/or gage face wear should not be welded.

(c) Maximum wear values are given for both mainlines and for other tracks to include light density mainlines, sidings, and other tracks.

Recommended Maintenance Maximum Rail Wear Limits [1]							
Rail Section	**New Rail Height (Inches)**	**Allowable Head Wear (Inches)**			**Allowable Gage Face Wear (Inches)**		
		Mainlines	**Other Tracks**	**New Rail Head Width[2] (Inches)**	**Mainlines**	**Other Tracks**	**Total Head Width Wear[3] for Mainlines and Other Tracks**
80 AS	5	5/16	3/8	2-1/2	5/16	3/8	1/2
85 AS	6	3/8	7/16	2-9/16	5/16	3/8	1/2
100 NH	6	1/2	5/8	2-3/4	3/8	1/2	1/2
105 DY	6	1/2	5/8	3	3/8	5/8	1/2
107 NH	6-1/8	1/2	5/8	2-3/4	3/8	1/2	1/2
112 RE	6-5/8	1/2	5/8	2-23/32	3/8	1/2	1/2
115 RE	6-5/8	1/2	5/8	2-23/32	3/8	1/2	1/2
119 RE	6-13/16	1/2	5/8	2-21/32	3/8	5/8	1/2
130 RE	6-3/4	1/2	5/8	2-15/16	3/8	3/4	3/4
131 RE	7-1/8	5/8	1/2	3	1/2	3/4	3/4
132 RE	7-1/8	5/8	1/2	3	1/2	3/4	3/4
136 RE	7-5/16	5/8	3/4	2-15/16	1/2	3/4	3/4
140 RE	7-5/16	5/8	3/4	3	1/2	3/4	3/4
141 RE	7-7/16	5/8	3/4	3-1/16	1/2	3/4	3/4

Notes:

(1) Rail that has maximum wear as given in this table shall be removed from track immediately and scrapped as soon as practicable.
(2) Measure gage face wear at 5/8" below top of crown of railhead.
(3) Combine field and gage side wear 5/8" below top of crown of railhead. This wear column only applies to rail that has been transposed.

Rail Wear Limits for the Welding of Relay Rail[5]							
Rail Section	New Rail Height (Inches)	Maximum Allowable Head Wear (Inches)			Maximum Allowable Gage Face Wear[1] (Inches)		
		Mainlines/ AREMA Class 2	Other Tracks/ AREMA Class 3	New Rail Head Width[2] (Inches)	Mainlines/ AREMA One Side Class 2	Other Tracks/ AREMA One Side Class 3	Total Head Width Wear[3]/ AREMA Both Sides Classes 2 and 3
80 AS	5	N/A	N/A	2-1/2	N/A	N/A	N/A
85 AS	6	N/A	N/A	2-9/16	N/A	N/A	N/A
100 NH	6	1/8[4]	N/A	2-3/4	3/16[4]	N/A	3/16[4]
105 DY	6	1/8[4]	N/A	3	3/16[4]	N/A	3/16[4]
107 NH	6-1/8	1/8[4]	N/A	2-3/4	3/16[4]	N/A	3/16[4]
112 RE	6-5/8	1/4[4]	3/8[4]	2-23/32	3/16[4]	5/16[4]	3/16[4]
115 RE	6-5/8	1/4[4]	3/8[4]	2-23/32	3/16[4]	5/16[4]	3/16[4]
119 RE	6-13/16	1/4[4]	3/8[4]	2-21/32	3/16[4]	5/16[4]	3/16[4]
130 RE	6-3/4	N/A	N/A	2-15/16	N/A	N/A	N/A
131 RE	7-1/8	1/4[4]	1/2[4]	3	1/4[4]	3/8[4]	3/16[4]
132 RE	7-1/8	5/16[4]	9/16[4]	3	1/4[4]	3/8[4]	3/16[4]
136 RE	7-5/16	5/16[4]	9/16[4]	2-15/16	1/4[4]	3/8[4]	3/16[4]
140 RE	7-5/16[4]	5/16[4]	9/16[4]	3[4]	1/4[4]	3/8[4]	3/16[4]
141 RE	7-7/16[4]	3/8[4]	5/8[4]	3-1/16[4]	1/4[4]	3/8[4]	3/16[4]

Notes:
(1) Measure gage face wear at 5/8" below top of crown of railhead.
(2) Combine field and gage side wear 5/8" below top of crown of railhead. This wear column only applies to rail that has been transposed.
(3) Rail classified as AREMA Class 1 or 2 may be used in any track without restriction.
(4) Rail classified as AREMA Class 3 may be used in light density mainlines, sidings, and all other tracks.
(5) AREMA values from “Rail Grading Classification by Wear Table 4-3-17.”

§113.3.3(M) Classification and Identification of Rail for Reuse (In and Out of Track)

(a) By mill inspection, rails are to be classified and identified by paint marking as follows:

Type of Rail	Marking
Standard Carbon Rails	None
Head-Hardened Rails	Orange
Rails not 39 ft. or 80 ft. in length	Green
Relay Rail Pre-Tested	Green
Relay Rail Not Tested	Yellow
Industrial Quality Rail	Per Mill

(1) High-strength rails shall be marked by either a metal plate permanently attached to the neutral axis, hot stamped, or in the brand. The information will include the manufacturer and type and/or method of treatment. (Fully heat-treated rails are no longer available and are not to be used unless approved by MassDOT Rail and Transit Division.)

(2) Individual rails shall be paint-marked only one color according to the above, or as agreed to by MassDOT Rail and Transit Division and the manufacturer.

(3) Paint marking will appear on the top of the head of one end of the rail only, at least 3' from the end.

(4) All short length rails produced shall have the length identified in a manner acceptable to MassDOT Rail and Transit Division and the manufacturer on top of the head of the rail approximately 1' from each end.

(b) Failed Rails:

(1) Rails removed from track on account of any defects listed in FRA §213.113(a), except end defects described in Paragraph (2) below, must have the top of the head noticeably damaged at the defect using a cutting torch or abrasive saw, so that they will not be mistakenly returned to service in track, or be butt welded in fabricating strings of fit CWR. These rails will also be marked with red paint on the running surface near the ends of the rail. Such failed rails, damaged as above, are to be classified for scrap in its proper category.

(2) Rails removed from track on account of end defects only, such as a bolt hole crack or head-web separation where a portion of the rail end is not physically broken out, must have the top of the rail head noticeably damaged at the location of the defect using a cutting torch or abrasive saw to insure that a rail of this type is not returned to service in track without cropping the defective end.

(3) Any rail containing longitudinal or transverse defects must be removed in its entirety (all rail between joints in bolted rail, and all rail between plant welds, between plant and field welds, or between field welds in CWR). These rails will also be marked with red paint on the running surface near the ends of the rail. The entire rail is then to be considered as scrap rail. Rails removed from track on account of any defects listed in FRA §213.113(a), except end defects described in Paragraph (2) above, must have the top of the head noticeably damaged at the defect using a cutting torch or abrasive saw, so that they will not be mistakenly returned to service in track, or be butt welded in fabricating strings of fit CWR.

§113.3.4(M) Transposing and Turning Rail on Curves

(a) To obtain the maximum service life of rails on curves, the high and low sides should be transposed before horizontal wear, vertical wear or flow of metal in the head makes this impractical because of undesirable rail head stresses that may be produced leading to possible failure of the rail itself.

(b) In general, high and low sides should be transposed when the horizontal wear on the high rail is between 3/8" and 5/8" in the full body of the curve, and before the metal in the low rail flows excessively.

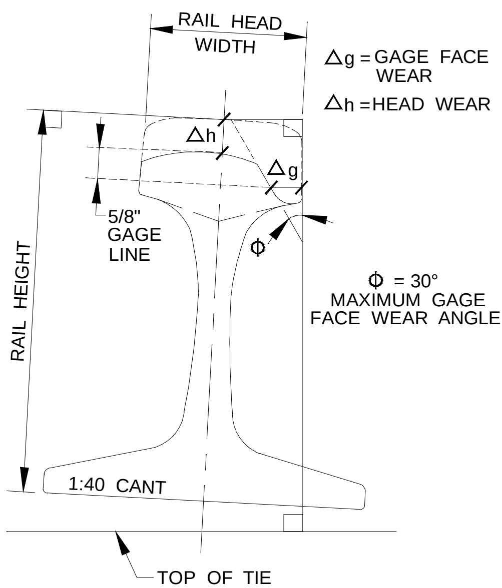
(c) In general, high side rails may be turned when horizontal wear does not exceed 1/2".

(d) 112 lb. and 131 lb. rail must not be turned or transposed without the permission of the MassDOT Rail and Transit Division.

§113.3.5(M) Gage Face Angle (Worn Rail)

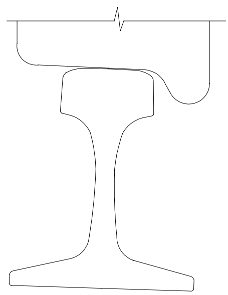
(a) When a rail is placed in track, under traffic, the gage face wears at an angle (ϕ). As this angle increases, the possibility for a wheel to climb the gage face of a rail and derail increases.

(b) As shown on the following diagram, rail replacement shall be accomplished when the gage face angle (ϕ) exceeds 30°. As the rail wear readings approach 30°, the Operating Railroad Company should make necessary plans to change out the rail.



RAIL WEAR CRITERIA

(c) For an example of new wheel and new rail interface, see the following diagram.



§113.4(M) Rail Classifications

§113.4.1(M) Defective Rails

(a) Rails removed from track on account of any defects listed in FRA §213.113(a), except end defects described in Paragraph (c) below, must be marked “NG” (no good) and a torch mark made in the head of the rail.

(b) Rails removed from track with end defects, such as bolt hole cracks or head-web separations where a portion of the rail end is not physically broken out, must have the top of the rail head noticeably damaged at the location of the defect, using a cutting torch or power saw to insure that a rail of this type is not returned to service without cropping off the defective end.

(c) “Reroller Rails/Rail Steel No. 1” are rail steel materials that are recycled as used to fabricate other steel products to include bars and shapes. Reroller rail generally has a higher value than rail scrap. Reroller rail includes:

- Standard section tee rails with a weight of 50 lbs/yard or greater which are free of all attachments;
- Rails that have no excessive pitting;
- Rails that are free of all debris (e.g., concrete, mud, asphalt, etc.);
- Rails that are not bent and twisted;
- Ferrous materials that do not contain frogs, switches and guard rails;
- Rails that do not have split heads and broken flanges;
- Pieces of CWR, provided no weld is over 9" from the end of the rail; or
- As specified by the Institute of Scrap Recycling Industries.

(d) Defective rails should be immediately removed from the right-of-way to the approved MassDOT secured scrap material storage area.

§113.4.2(M) New Rails

Class of Rail	Use
Medium-Hard Rail* Standard Rail (HB310)	In all tracks.
Head-Hardened Rail	For curves 3º and over, mainline turnouts, grade crossings, special trackwork, tunnels, and other locations as specified by the MassDOT Rail and Transit Division.

Notes:

* Standard Rail - standard rail that conforms to latest AREMA Specifications.
* Head-Hardened Rail - prime rail that is fully quenched and tempered in the head area only to increase hardness and strength. Head-hardened rail rolled by PST (Bethlehem Steel Company) will be marked “HH” to the right of the heat number. Head-hardened rail rolled by Rocky Mountain Steel Mill (CF&I Company) will be marked “DH” to the right of the heat number.
* Head-hardened markings furnished by any other manufacturers shall be approved by the MassDOT Rail and Transit Division.

§113.4.3(M) Cropped or Relay Rails

(a) Rails removed from track having only end defects, such as bolt hole cracks or head-web separations within joint bar areas, may be used without restrictions after defects have been eliminated by cropping (see §113.11(M)).

(b) Relay rail should be checked against the rail wear table given in §113.2.1(M) prior to installation.

(c) Any relay rail installed in main track that carries passenger trains, or is a hazardous material route, shall be inspected for internal rail defects if the operating speed is Class 3 or higher.

(d) If a valid search for internal defects cannot be conducted before expiration of time or tonnage limits given in FRA §213.237(a) or (c), reduce operating speed to a maximum 25 MPH until such time as the valid search can be made.

§113.5(M) Disposition and Shipment of Rails

(a) Rails released from renewals and retirements must be disposed of as authorized by MassDOT.

(b) Other track materials (OTM) must be removed from the individual rails before loading rail onto railcars or trucks (see §100.3(M)).

(c) For shipment, relay rails may be loaded head up with wood stripping between layers.

§113.6(M) Distributing Rail

(a) Rails and OTMs should be unloaded in a position as close as possible for laying to minimize further handling.

(b) Rails should be placed parallel with the track on their base to avoid excessive bending or damage. Care should be taken to avoid placing rails on manhole covers, on signal cables and conduits, or close to air lines.

(c) Rail is not to be stored between the running rails unless conditions do not allow rail placement outside the track off the ends of the ties. Rail heads should not be above the running rail.

(d) CWR ends must be offset and blocked to allow for thermal expansion.

(e) In yards and at locations where employees must walk close to the track, rail should be placed as near to the ends of ties as possible to avoid obstructing walkways.

(f) Any time rail and OTM is distributed along the right-of-way, the Transportation Department must be notified so as to include in a Division Notice.

§113.7(M) Preparation and Care

(a) As far as practicable, track should be placed in good line and surface prior to rail renewals. Programmed tie renewal shall be accomplished before laying rail. Track to be laid with CWR should be fully ballasted, and preferably, programmed tie renewals should be completed in advance of rail laying.

(b) Rails should be examined prior to laying in track to detect any sharp bends, damage, or surface conditions that will make them unserviceable.

(c) Care of rail should be taken the day on which it is laid, so that no damage to rail or fastenings will result from continued use under normal traffic. Loose ties should be tamped to a good bearing under the rail immediately behind rail laying operations.

§113.8(M) Laying Jointed Rails

(a) Jointed rails should be laid, one at a time, with space allowance for expansion being provided between rail ends in accordance with the following table:

Jointed Rail Expansion Tables	
39' Rails	
Rail Temperature (°F)	**Rail End Space (Inches)**
Below 6	5/16
6 to 25	1/4
26 to 45	3/16
46 to 65	1/8
66 to 85	1/16
Over 85	None

78' or 80' Rails	
Rail Temperature (°F)	**Rail End Space (Inches)**
Below 30	5/16
31 to 45	1/4
46 to 60	3/16
61 to 72	1/8
73 to 85	1/16
Over 85	None

(b) Rails greater than 80' and less than 400' in length, must be expanded and anchored as CWR.

(c) To insure the required space allowance, rail ends should be brought squarely together against approved expansion shims of proper thickness and the rail joints applied before spiking and anchoring.

(d) Space between rail ends for insulating joints (paper and poly types) should only be sufficient to permit insertion of standard end posts.

(e) An approved rail thermometer shall be used. The person in charge shall see that rail temperature is checked frequently and that proper rail expansion shims are used.

(f) Jointed rails should be laid, one at a time, with space allowance for expansion being provided between rail ends.

(g) To insure the space allowance required, rail ends should be brought squarely together against approved expansion shims of proper thickness and the rail joints bolted before spiking.

(h) An exception to the requirement of laying one rail at a time is to expedite rail installation no more than 180' of rail (5 @ 39' rails) may be bolted together prior to being installed in track, provided that the proper rail end spaces are maintained according to §113.9(a) above.

(i) Space between rail ends in insulated joints should only be sufficient to permit installation of standard end posts.

(j) An approved magnetic rail thermometer shall be used to determine the rail temperature. The thermometer is to be attached to the web of the rail that is shaded from the sun’s rays for a minimum of 5 minutes until an accurate temperature reading can be achieved. Rail thermometer should be placed on the smooth surface of the web and not on any raised brand.

(k) Rail should be laid with joints staggered 13’ to 15’. Permissible variations are as follows:

    (1) Through turnouts and at insulated joints;

    (2) Rails laid with the joints of one line of rail opposite the middle of rails in the other line in accordance with former standards need not be relocated until out-of-face rail renewals are made; and

    (3) At other locations as directed by the MassDOT Rail and Transit Division.

(l) Rails less than 18' in length should not be used in main tracks, except that rails not less than 14' may be used for:

    (1) Connections within turnouts and crossovers;

    (2) Temporary closures;

    (3) Temporary replacement of broken rails. Rails not less than 14’ in length used in accordance with previous standard practice need not be removed until rails are changed or re-laid.

(m) Placing bolted joints in or closer than 30’ from the edges of road crossings, within the limits of switch rails, frog guard rails, or the ends of open deck bridges, trestles, or viaducts is prohibited (unless approved by MassDOT Rail and Transit Division).

(n) Rails of the same section should be used on open deck bridges, through road crossings, through paved track areas of station platforms, through areas of direct fixation track, and to the greatest extent possible in turnouts and crossovers.

(o) Rails of unequal wear and different sections must be brought to an even surface at joints on the tread and gage side of the rail by welding. When shimming is required to run off the difference in height of rails, the requirements of §129.0(M) must be met.

(p) The use of shims or spring washers between the web and the joint bar to align the gage sides of rail heads, or the use of acetylene torches, or grinding to manufacture, or change the dimensions of compromise joints, is prohibited. Adjustments to the tread and gage side of the rail head must be accomplished by:

  (1) Compromise joints of approved design.

  (2) By welding the rail head.

(q) When necessary to make a temporary connection for the passage of a train at normal speed, the connection must be made with a piece of rail not less than 14' long. Use compromise or standard joints with the full number of bolts and with all rail holding spikes driven. Use of switch points to make temporary connections when laying rail is prohibited.

§113.9(M) Rail End Bolt Holes

(a) Holes must be drilled in accordance with AREMA recommended standard practice and the following:

  (1) Bolt holes shall be drilled with the joint bars removed by marking the location of the center of the hole with a proper size template block or by drilling through an approved template.

  (2) When bolt holes are drilled, a uniform feeding pressure should be maintained as per manufacturer's instructions.

  (3) An environmentally sensitive lubricant should be used throughout the drilling process.

  (4) Bolt hole sizes and drillings are found in the rail end drilling table given in §113.1(M).

  (5) After drilling is completed, bolt holes should be brushed out and inspected. Any burrs or chipped edges should be removed by chamfering or filing to a smooth edge around the entire circumference of the bolt hole.

  (6) If jointed rail is to be welded, rail ends should be drilled in such a manner as to provide for closure by field welding (no edge of hole closer than 6" to the joint).

  (7) In those instances where the joint will not be welded, all holes in the joint bar will be drilled and fully bolted.

§113.10(M) Cutting and Electric Arc Welding of Rail

(a) For cutting of tight rails in CWR see Appendix A, "Continuous Welded Rail (CWR) Procedures."

(b) The tools which may be used for cutting rails are listed below:

  (1) Power saws with approved guide attachments and proper PPE.

  (2) Gas cutting torches, in emergency only in accordance with FRA §213.122.

(c) Electric arc welding is prohibited on any portion of the rail, except as listed below:

  (1) Welding of engine burns. Engine burns deeper than 3/8" should not be welded. If there are more than four engine burns within a 39' rail, the rail should be changed out.

  (2) Application of welded bonds.

  (3) Top of rail within limits of joint bars (batter and rail ends).

  (4) Gas welding of rail is prohibited.

(d) Any rail damaged by torches must be promptly removed from track.

(e) Except for the welding of engine burns in accordance with approved methods, and except for application of welded bonds, gas or electric arc welding is permitted only on the top of the rail within the limits of the joint bars.

§113.11(M) Bonding Rails for Track Circuits

(a) Except in an emergency where rails are bonded for track circuits, no rail bonds shall be broken or rails removed unless a Signal Maintainer is notified or present.

(b) Signal bonds shall not be applied to the rail web or base; only on the rail head.

(c) In an emergency, a broken rail, switch point, or frog may be renewed without waiting for the Signal Maintainer. In such cases, the joints shall be tightened to make as good contact as possible with the rails and the Signal Maintainer notified that the rail bonds have been broken.

(d) If a broken rail is replaced within the starting circuit of automatic highway crossing protection, the track shall not be restored to service until all trains approaching the crossing have been:

 (1) Instructed to be prepared to stop prior to passing over the crossing involved; or

 (2) Until a qualified person under FRA §213.7(d)(1) is provided to move train traffic at the crossing; or

 (3) The Signal Maintainer has applied all rail bonds and verified the continuity of the circuit.

§113.12(M) Maintenance of Rail by Grinding

(a) Rail grinding must be accomplished with profile grinders or production grinding units.

 (1) Hand grinding should be limited to small areas where the use of profile grinders is not practical.

 (2) Out-of-face grinding must be performed with production grinding units.

(b) Production grinding is required to remove surface anomalies such as scale, flakes, checks, shells, and corrugations on the rail head and to re-profile the rail head.

(c) In special trackwork a combination of production grinding and hand grinding may be required.

(d) Grinding of rail should be performed at regular intervals based on the condition of the rail, location (such as grades and curves), the number, and type of trains, and the accumulated tonnage at a particular location.

(e) All grinding on wooden open deck bridges shall be approved by MassDOT Rail and Transit Division before any work begins. Rail grinding on bridges (ballast deck) is permitted provided that proper precaution is taken against fire as given below:

 (1) Grinding shall only be performed when there is no highway or river traffic directly under the area to be ground.

 (2) The rail grinding crew has a supply of water and other fire suppressants to protect against fire.

 (3) After grinding, the entire structure is re-inspected for possible “hot spots” or fire.

 (4) Production grinding of rail on timber trestles is prohibited.

(f) High rail truck with water tank shall follow rail grinder to inspect for hot spots and slag.

(g) MassDOT Rail and Transit Division shall approve lubricants and/or friction modifiers to be used after grinding curves on:

 (1) Gage face on the high rail

 (2) Top of rail (TOR) on the low rail.

§113.13(M) Repair of Welds and Rail Head Depressions by Welding or Grinding

(a) Field and shop welds shall be inspected for batter. Maintenance welding and grinding shall be performed as required.

(b) The depth of low spots and depressions around welds shall be measured with a 36" straight edge and taper gauge. Maintenance welding and grinding shall be performed as required.

(c) The preferred method of removing low spots, low areas, and engine burns (but NOT engine burn fractures), in the rail head profile is by building up the rail head by welding.

(d) Any engine burn should be repaired as soon as practicable before rail and tie damage occur. Engine burns 3/8" or greater require removal and replacement of the rail.

§113.13.1(M) Cross Cutting (Slotting) of Bolted Joints

(a) Permanent bolted joints shall be inspected and rail ends slotted as required to remove metal flow and prevent end chipping.

(b) When rails are replaced at the location of a permanently bolted joint, the rail ends should be slotted.

(c) The frequency of grinding or slotting rail ends at permanently bolted joint locations may increase due to traffic and as other local conditions require.

§113.14(M) Passing Trains Over Broken Rails and/or Pull-Aparts

(a) When passing trains and/or locomotives over broken rails and/or pull-aparts, the Operating Railroad Company MOW personnel shall comply with the following information.

(b) Persons not fully qualified to supervise certain renewals and inspect track as required in Paragraph (a) of this section, but with at least one year of MOW or signal experience, may pass trains over broken rails and pull-aparts provided that:

    (1) The track owner determines the person to be qualified and, as part of doing so, trains, examines, and re-examines the person periodically within two years after each prior examination on the following topics as they relate to the safe passage of trains over broken rails or pull-aparts: rail defect identification, crosstie condition, track surface and alignment, gage restraint, rail end mismatch, joint bars, and maximum distance between rail ends over which trains may be allowed to pass. The sole purpose of the examination is to ascertain the person’s ability to effectively apply these requirements and the examination may not be used to disqualify the person from other duties. A minimum of four hours training is required for initial training;

    (2) The person deems it safe and train speeds are limited to a maximum of 10 MPH over the broken rail or pull apart;

    (3) The person shall watch all movements over the broken rail or pull apart and be prepared to stop the train if necessary; and

    (4) Person(s) fully qualified under FRA §213.7 are notified and dispatched to the location promptly for the purpose of authorizing movements and effecting temporary or permanent repairs.

§115.0(M) RAIL END MISMATCH

Rail shall be maintained so that the mismatch of rails at joints may not be more than that prescribed in the following table:

Rail End Mismatch Maintenance Limits		
Class of Track	**Any mismatch of rails at joints may not be more than the following:**	
	On the head of the rail ends (Inches)	**On the gage side of the rail ends (Inches)**
1 – 5	1/8	1/8

Rail End Mismatch

§117.0(M) RAIL END BATTER/BEVELING OF RAIL ENDS

(a) Rail end batter is the depth of depression in the rail head near the end of the rail. It is measured by placing an 18" straight edge on the head of the rail at the rail end, without bridging the joint and measuring with a taper gauge the maximum distance between the bottom of the straight edge and the top of the rail head.

(b) When rail end batter is detected, it should be monitored and corrected when reaching the limits given below:

(1) See the following table:

Rail End Batter Maintenance Limits		
Class of Track	**Rail End Batter May Not Be More Than (Inches):**	**Crop Bolt Holes and Rail Ends to Remove Batter if Batter Exceeds Values Below (Inches):**
1 - 2	1/4	3/8
3 – 5	1/8	1/4

(2) Rail end batter should be repaired by a qualified welder using an electric arc welder.

(3) In Classes 3-5, rail ends that have 3/8" or more rail batter shall not be welded and shall be cut out and scrapped.

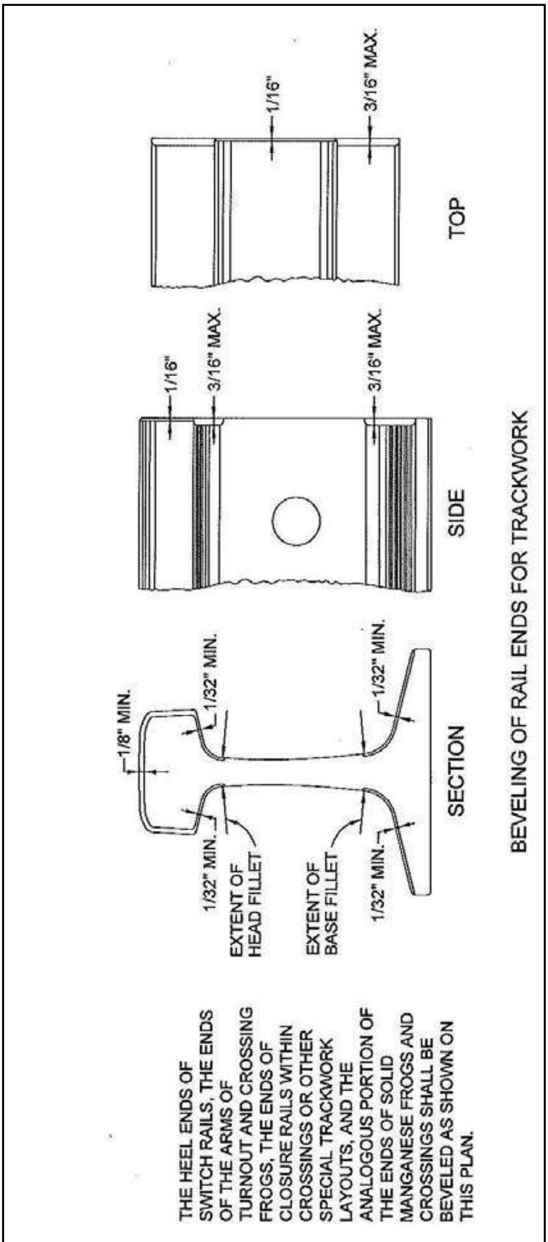
(4) After welding, rail ends shall be ground and slotted as shown in Paragraph (c).

(c) To reduce chipping or spalling due to overflow of steel under traffic, the rail end faces should be cross-cut by grinding with a 1/8" beveled slotting wheel to a depth of not less than 3/16" below the surface of the head.

(1) The maximum cut should not be wider than 1/8".

(2) If the rails are not in contact, the overflowed metal should be removed from both end faces by grinding 1/16" from the ends of both rails.

(3) See following figure as developed by AREMA.


THE HEEL ENDS OF SWITCH RAILS, THE ENDS OF THE ARMS OF TURNOUT AND CROSSING FROGS, THE ENDS OF CLOSURE RAILS WITHIN CROSSINGS OR OTHER SPECIAL TRACKWORK LAYOUTS, AND THE ANALOGOUS PORTION OF THE ENDS OF SOLID MANGANESE FROGS AND CROSSINGS SHALL BE BEVELED AS SHOWN ON THIS PLAN.
EXTENT OF HEAD FILLET
EXTENT OF BASE FILLET
1/8" MIN.
1/32" MIN.
1/32" MIN.
1/32" MIN.
1/32" MIN.
SECTION
1/16"
3/16" MAX.
3/16" MAX.
SIDE
1/16"
3/16" MAX.
TOP
BEVELING OF RAIL ENDS FOR TRACKWORK

§118.0(M) RAIL LUBRICATION

(a) The gage face of the running rail in track or in special trackwork must be lubricated as follows:

(1) Running rail in curve locations where there is significant gage face wear on the high rail, or significant flow on the low rail, shall be lubricated with a wayside lubricator or as specified by the MassDOT Rail and Transit Division.

(i) Lubricate high rail gage face

(ii) Lubricate low rail top of rail

(2) When changing switch points, stock rails, and frogs in heavily used routes in interlockings, regardless of turnout size or type, lubricate new components by hand.

(3) After grinding or welding repairs to switch points and/or frogs, lubricate components by hand.

(4) When production grinding, ensure that in curves both rails are lubricated on the last grinding pass.

(b) When lubricating rail, care should be taken to control the amount of lubricant being used to avoid migration to the running surface of the rail.

(c) At wayside lubricator locations, install geotech fabric to prevent fouling of ballast. Dispose of fabric in accordance with local, State, and Federal regulations.

(d) Locate lubricators no closer than 500' from grade crossings with active warning devices.

(e) When installing lubricators, care should be taken not to install steel-mesh hoses in signal territory.

(f) Both rails should be lubricated as excessive lubrication of the high rail and poor lubrication of the low rail can produce high lateral forces and low rail rollover resulting in derailment.

(g) Use only approved environmentally-friendly lubricants per manufacturer's recommendations.

§119.0(M) CONTINUOUS WELDED RAIL PROCEDURES

See Appendix A, "Continuous Welded Rail (CWR) Procedures."

§121.0(M) RAIL JOINTS

§121.1(M) Field Welding of Rail Joints

(a) When performing rail maintenance, reduce the quantity of joints in track by laying CWR and field welding joints wherever possible.

(b) Thermite and flash butt are acceptable methods for in-track field welding.

(c) Thermite and flash butt welding shall be performed in accordance with the supplier's recommended procedure.

(d) When it is necessary to install plug rails, the plug rails should be at least 13' in length.

(e) Bonded insulated joint rail assemblies shall be field welded.

(f) Whenever possible it is desirable to field weld all turnouts and special trackwork.

(g) If it becomes necessary to apply temporary joint bars in CWR, the end bolt hole in each rail must not be drilled, as this would prevent subsequent field welding. Additional rail anchors must be applied to this joint in accordance with §125.0(M).

(h) Field welding on open deck bridges is permitted provided that proper precaution against fire is taken and only allowed with the prior approval of MassDOT Rail and Transit Division.

§121.1.1(M) Thermite Field Welding

(a) When using the thermite field welding process:

- (1) Ensure that rail ends are secured against movement from thermal expansion or contraction, or from other causes. Use a hydraulic expander to maintain the rail end gap and rail alignment.
- (2) Saw cut rail ends to be welded. If a torch cut rail is to be welded at least 2" of rail behind the torch cut must be cut off with a saw before the weld is made.
- (3) No thermite weld shall be made:
  - (i) If the air temperature is below 32°F.
  - (ii) In inclement weather (rain or snow).
- (4) Required location of field welds:
  - (i) Within 14' of a field weld in the same rail.
  - (ii) Within 4' of a plant weld in the same rail.
  - (iii) Within 10' of the centerline of any joint (except bonded insulated joints where no weld shall be made within 7' of the centerline of the joint).
  - (iv) Within 6" of a bolt hole.
  - (v) Within 6" of a weld that has been cut out.
  - (vi) On or within 4-1/2" of a tie plate or concrete tie rail seat.
  - (vii) Within a grade crossing without the permission of MassDOT Rail and Transit Division.
- (5) General welding procedures are as follows:
  - (i) Prior to installing the molds, make a visual inspection of the two rail ends to ensure there are no bent rails or other defects such as cracks, splits, pipes, etc., which could cause, or later be interpreted as a defective weld.
  - (ii) Check the gap to ensure that it meets the specification of the weld kit manufacturer.
  - (iii) Align the rail ends.
  - (iv) Remove foreign matter, luting compound, and/or moisture from the molds or crucible.
  - (v) If a hydraulic expander has been used, do not release it until the weld has cooled to 500°F or less. The expander shall be released gradually.
  - (vi) No train traffic shall be allowed to pass over the weld, nor shall there be any disturbance of the track or rail in the area of the weld, until the weld has cooled to 500°F or less.
- (6) The grinding and finishing of the weldment are as follows:
  - (i) The top and sides of the head of the rail at the weld shall be ground flush with the parent metal.
  - (ii) The weld in the web and base should be ground ***only*** to remove notches created by offset conditions, sharp protrusions, and gouges. These should be blended into the contour of the weld collar to eliminate stress risers.
  - (iii) In the case of continuously supported rail, the bottom and sides of the base must be ground flush with the parent metal.

(iv) Overheating the rail when grinding must be avoided. If a weld has cooled to below 500°F it must be ground so as to not increase the temperature back above 500°F.

(v) Finish grinding shall be conducted when the weld temperature is less than 200°F.

(7) Welds shall be identified on the rail with a unique number and the date using a highly visible paint or paint stick to allow identification of a particular weld.

(8) Welds shall be inspected once completed and ground.

(i) A visual inspection shall be conducted immediately. This inspection shall look for voids, nicks, gouges, sharp protrusions, or other obvious surface defects.

(ii) An inspection of the alignment of the weld shall be conducted using a 36" straight edge centered on the weld. The weld will meet the following criteria:

1. There shall be no dip.
2. The crown shall not measure more than 3/50" at a point 18" from the weld.
3. The horizontal misalignment (measured by placing the straight edge on the running side of the head) shall not measure more than 3/50" at a point 18" from the weld or at the weld if the misalignment causes a gap at the weld.

(9) An ultrasonic inspection of the weld shall be conducted within 24 hours of the completion of the weld.

(b) Field welding on open deck bridges is permitted provided that all the following conditions are met:

(1) A qualified contractor and/or Operating Railroad Company individual using a 17 lb. dry chemical ABC extinguisher is available to protect against fires.

(2) A qualified contractor and/or Operating Railroad Company individual must be present for a period of at least one hour after the last field weld is finished and ground.

(3) An extra 17 lb. ABC extinguisher must also be readily accessible as a backup.

(4) While extinguishing any fires, the qualified contractor and/or Operating Railroad Company individual must stand upwind and aim the chemical at the base of the fire.

(5) A qualified contractor and/or Operating Railroad Company individual must be present during the entire welding operation from beginning of welding process to at least one hour after the last field is finished and ground.

(6) Flash butt welding, shearing and grinding shall only be performed when there is no highway or river traffic directly under the area of the welding.

(7) Bridge timber spacing may be more restrictive than that of ballasted track. Welding shall not be performed if the tie crib is less than 5-1/2" in width or as approved by MassDOT Rail and Transit Division.

(8) Welds on open deck bridges must be made as close to the center of the crib as possible. The minimum distance between center of weld and edge of tie shall be 2-3/4".

(9) After welding, the entire structure should be inspected for possible "hot spots" or fire.

§121.1.2(M) Electric Flash Butt Welding

(a) In general, thermite field requirements apply to this process along with the following additions:

(1) All electric flash butt welding consumes rail (1-1/4" – 1-1/2" at each weld location).

(2) The weld must be at least 400' from grade crossings, turnouts or other fixed objects in the track.

(3) Anchors or resilient fasteners must be removed from at least 200' of rail on both sides of the weld before the weld is made.

(4) Care must be taken to avoid skewing ties by binding the rail against the shoulder of the tie plates when the rails are pulled together.

(5) Care must be taken to avoid damaging elastomeric tie pads by sliding the rail through the tie seat area of concrete ties when the rails are pulled together.

(6) If new rail is to be welded by the electric flash butt welding method, this decision should be made before the rail is laid and distressed so that the right amount of expansion can be calculated.

(7) When CWR strings in track are laid in track and expanded to reach a preferred rail neutral temperature (PRNT), the actual required expansion shall be reduced if the CWR strings are to be electric flash butt field welded. The amount of expansion required for a particular CWR string shall be calculated using Appendix A, "Continuous Welded Rail (CWR) Procedures." The amount of rail to be consumed when making the two electric flash butt field welds at each end of the string shall be subtracted from the amount calculated in Appendix A, "Continuous Welded Rail (CWR) Procedures." The resulting "net" rail expansion shall be achieved in the field when distressing and/or laying the string before welding.

§121.2(M) Bolted Rail Joints

(a) Rail ends shall be fastened together by bolted standard, compromise, or insulated joints.

(b) The use of shims or spring washers between the web of the rail and the joint bar to align the gage sides of rail heads is prohibited.

(c) The use of acetylene torches or grinding to reconfigure or change the dimensions of standard and/or compromise joint bars is prohibited.

(d) Compromise joint bars of an approved design shall only be used to join rails of the respective sections.

(e) If rail end mismatch exists after applying approved joint bars, the rail head and gage face surfaces may be adjusted by electric arc welding the smaller rail and grinding to finish the weld. Do not grind the larger rail section.

(f) Each rail joint, insulated joint, and compromise joint must be of a structurally sound design and dimensions for the rail on which it is applied.

(g) If a joint bar is cracked, broken, or because of wear allows excessive vertical movement of either rail when all bolts are tight, the joint bar shall be changed.

(h) Each joint bar must be held in position by track bolts tightened sufficiently to provide firm support for abutting rail ends and to allow longitudinal movement of rails in the joint to accommodate expansion and contraction due to temperature variations.

(i) In track with conventional jointed rail, each rail shall be bolted with all joint bar bolt holes filled.

(j) If a permanent joint connection is made between CWR and bolted rail, all joint bar holes must be filled.

(k) No rail or joint bar having a torch cut or burned bolt hole may be used in track.

(l) When a bolt is changed in a joint in Track Classes 1-5, or a frog bolt is changed, then all bolts in the connections shall be checked and retightened as required.

(m) Whenever possible, new bolts, nuts, and spring washers should be used when new or relay joint bars are applied.

(n) Lubricate joint bars with environmentally-approved lubricate. Tighten all bolts, working from center of joint bars outward. During this final tightening, tap the toes of the bars inward with a sledgehammer.

(o) In locations of elastic fasteners, the appropriate clip will be used to properly fasten the ties through the joint area.

(p) Description of joint bars:

(1) Standard bolted rail joints consist of either head free or head contact standard bars or compromise joint bars held in position by track bolts having sufficient tension to firmly support abutting rail ends, but not too tight to prevent longitudinal movement in joints to accommodate expansion and contraction due to variation in rail temperature.

(2) Head free bars must have the inner surface of the head of the bar held tightly against the rail head fillet with the heel of the bar standing out the proper distance from the base fillet, where all of the “draw-in” for wear is concentrated.

(3) Head contact bars must have the top surface of the bar held tightly against the fishing surface under the rail head outside of the rail head fillet area. Bars must be secured in a vertical position without “cocking.”

(q) Application of standard bolted joint bars will be as follows:

(1) Joint bars shall be applied with their full number of bolts, nuts, and spring washers according to the standard plans and specifications.

(2) New bolts, nuts, and spring washers should be used when new or reformed joint bars are applied or renewed out-of-face.

(3) Grease shall be applied to the fishing area of the rails, for the full length of the joint bars.

(4) When initially applying joint bars, the bolt tension should be brought in the range of 20,000 to 25,000 lbs. and for subsequent retightening from 15,000 to 20,000 lbs. This may be approximated by an average individual with a 36" track wrench.

(r) Application of head free joint bars will be as follows:

(1) Set bars in position, insert all bolts, and apply spring washers and nuts by hand.

(2) Tighten up the two center nuts with a power track wrench in high gear without fully tightening to avoid locking bars in an improper position.

(3) Strike the bead of the heads of both inside and outside bars at both ends with a hammer to force the inside faces of the bars tightly against rail head fillets. Do not strike the toe of the bar, as this tends to force the toe of the bar outward.

(4) Tighten remainder of bolts from center of joint bars outward in high gear.

(5) Tighten all bolts in low gear, working from center of joint bars outward. During this final tightening drive the toes of the bars inward by tapping with a spike maul or sledge.

(6) By following the above procedure, proper contact will be obtained between the inner face of the bar and the rail head fillet. Also, the heel of the bar will stand out the proper distance from the rail base fillet.

(s) Application of head contact joint bars will be as follows:

(1) Set bars in position on rail; insert all the bolts, nuts, and spring washers by hand.

(2) See that the bars are in a vertical (uncocked) position as one of the center bolts is tightened by:

(i) Inserting a bar or drift pin in a bolt hole (necessary only when applying a 131 lb. bar).

(ii) Tapping toes of joint bars as bolt is tightened.

(3) Tighten all bolts, working from center of joint bars outward. During this final tightening drive the toes of the bars inward by tapping with a spike maul or sledge so that their vertical position is maintained.

(t) Maintenance of joints:

(1) Drilled ends of new rails are to be ground to remove burrs at the mills.

(2) To avoid chipping or spalling under service due to overflow of steel, the rail end faces should be cross-cut by grinding with 1/8" wheel to a depth of not less than 3/16" below the surface of the head. If the rails are not in contact, the overflowed metal should be removed from the end face of each rail. If the rails are in contact, only one pass should be made removing approximately 1/16" from each rail.

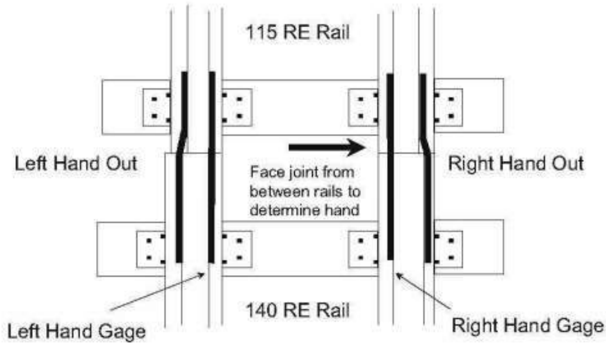
(3) When bolted joints are applied, other than insulated joints, the bolts should be tightened at the time they are applied, retightened within a week and again within a month after application.

(4) Bolts should be retightened periodically at intervals of not more than 1 year and in all cases following program track raising or surfacing.

(5) To prevent undue rail stress on account of expansion or contraction at the changes of seasons and wide temperature changes, sufficient joint bars should be loosened to permit the rail to adjust itself, immediately after which bolts should be retightened. Where necessary, a piece of rail should be cut out to avoid heat kinks or buckling of track.

(6) Wear in fishing spaces of rail should be compensated for by the application of oversized joint bars.

(u) Compromise joints are specified as left or right hand as shown in the following diagram. To determine where a left hand (“LH”) or right hand (“RH”) lays, stand in the center of the track and face the joint to be compromised.



Compromise Joint Example

§121.3(M) Insulated Rail Joints

(a) For new work or rail renewals in track circuit territory, insulated joints shall be located as follows:

- (1) Insulated joints shall be staggered not more than 60" nor less than 24".
- (2) Insulated rail joints at highway grade crossings shall be located in accordance with the material supplier's standard plans.

(b) For the application of Bonded Insulated Joints (Glued Insulated Joints), see the following:

- (1) Glued plug insulated joints are required on all concrete tie tracks.
- (2) When utilizing insulated plug rails, install the shortest plug rail available so as to minimize the number of joints and/or wells added.
- (3) Conventional rail joints adjacent to bonded insulated joint rails should be field welded.
- (4) All bonded insulated joints are to be installed as suspended joints. If it is absolutely necessary to install the insulated joint as a supported joint on a wood crosstie, an approved type rubber tie plate must be used under the joint. The end posts should not project above or beyond rail heads and should be trimmed with a hack saw.
- (5) Double shoulder tie plates or elastic fastener tie plates should be used on the two wood crossties supporting suspended bonded insulating joints.
- (6) Rail holding spike heads must be in reverse position and must be carefully driven to ensure that spike head is not in contact with the bar, which could result in the joint's being short circuited. All bonded insulating joints will have plate holding spikes installed.
- (7) Joints installed with elastic fasteners shall have the correct clips (modified "e" clip) applied to prevent possible damage to the joint.
- (8) No attempt should be made to tighten bolts in bonded insulated joints. In the event the bolts in the joint become loose, the joint should be replaced.

(9) Any rail head overflow at a bonded insulated joint is to be removed by grinding. Extreme care must be exercised to ensure that the end post is not damaged. The overflow should be ground only to the rail end, so that the joint gap will not be greater than the original gap. A cross grinder/slotter should not be used to remove the overflow.

(10) Bonded insulated joints will be considered as welded rail for purposes of compliance with the anchoring requirements of §125.1(M).

(11) Glued plug insulated joints shall be used in CWR (unless approved by MassDOT Rail and Transit Division).

(c) For the application of Polyurethane Coated Steel Insulated Joints (Poly Joints) see the following:

(1) Polyurethane coated (poly) steel insulated joints may be used permanently in track where the use of a bonded insulated jointed rail is not practical.

(2) Whenever possible, poly insulated joints are to be installed as suspended joints.

(3) The top of the poly joint must be set first into the fillet area of the rail. Bolts should be applied and tightened from the center out to the end of the bar.

(4) Rail holding spikes shall be reversed and not driven up against the poly joint.

§123.0(M) TIE PLATES

(a) Tie plates shall be installed and centered under running rails on all wood crossties, switch timber, and bridge timber.

(b) The preferred tie plate is a 14" double shoulder canted (1:40) plate (DSC).

(c) Tie plates with different cants and flat plates shall not be mixed.

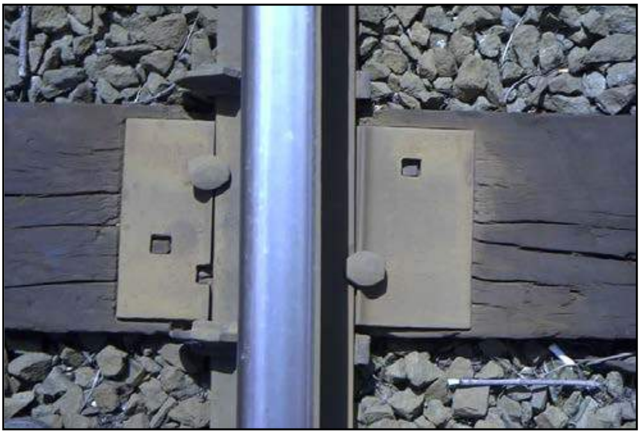
(d) Canted tie plates shall be installed so that the rail cants towards the centerline of track.

(e) Tie plates must be placed square and tight to the base of the rail and no portion or part of the shoulder can be under the base of the rail.

(f) No metal object that causes a concentrated load by solely supporting a rail shall be allowed between the base of the rail and the bearing surface of the tie plate (e.g., tie plate shoulders, spikes, ballast, etc.).

Tie Plate with Anchors Applied Correctly

Tie Plate with Anchors Overdriven



Box Anchored Ties with Anchors Applied Correctly

§124.0(M) TIE PADS

The use of tie pads, under the tie plates on open deck bridges, may be used only with the approval of the MassDOT Rail and Transit Division.

§125.0(M) RAIL ANCHORS/ELASTIC FASTENERS

§125.1(M) Anchor Placement

(a) Rail anchors shall be applied as follows:

- (1) Anchors shall be applied on both rails and on the same side of the tie. Where special applications may be necessary, other arrangements may be used with permission of the MassDOT Rail and Transit Division.
- (2) Wherever practicable, rail anchors shall be applied from the gage side of the rail.
    - (i) In turnouts, drive on type anchors shall be applied to switch stock rails from the field side of the track. Care must be taken in application of anchors so as not to foul switch rods.
- (3) When adjusting or laying rail, the necessary anchor pattern shall be applied immediately as the rail is adjusted.
- (4) Anchors should be fit tightly against sound ties.
- (5) When ties at a joint cannot be anchored because of interference with a joint bar, there shall be no anchors applied to the affected joint.

§125.2(M) Fasteners Required

(a) Rail anchors should be driven just far enough so that the locking lip or groove of the anchor snaps into place on the base of the rail.

(b) A sufficient number of anchors must be applied in a pattern to effectively control longitudinal rail movement. See next pictures for typical fastening and anchoring systems.

Elastic Fastener: Pandrol Fast Clip

Elastic Fastener: Pandrol E-Clip

(c) Insufficient anchors may result in longitudinal rail movement and allow changes in rail neutral temperature (RNT) in CWR.

(d) The movement of rail can result in changes in line and surface, which may create a hazardous condition.

(e) Additional anchors must be applied if there is a standard anchor pattern and there is evidence that rails are still moving longitudinally under traffic.

(f) It should be recognized that when track is raised out-of-face, the resistance to longitudinal movement is reduced and additional anchors may be required to avoid undue rail and tie movement.

(g) Basic anchor requirements in CWR track:

  (1) Every other tie shall be box anchored in all CWR tracks.

  (2) Box anchor every tie in curves 3° and over.

  (3) Additional anchors may be added at designated locations in anchored track or elastic fastener territory as required if longitudinal movement of the rail is detected.

(h) On main tracks the number of anchors to be applied when CWR is laid and maintained is as follows:

  (1) When using rail anchors, box anchor every wood tie 200' in each direction from:

    (i) Ends of CWR strings.

    (ii) All joints to include glued plug insulated joints.

    (iii) Turnouts, crossovers, and other special trackwork.

    (iv) Rail track crossings.

    (v) Public and private highway grade crossings.

    (vi) Transitions to locations with elastic fasteners.

    (vii) Transitions to locations of tie type change (e.g., wood to concrete or wood to steel).

    (viii) Open decks on bridges, where the timbers are hooked and blocked in accordance with §119.1(M).

  (2) To the extent practical, fully box anchor all ties in CWR within switch, turnout, and crossover areas.

(i) Rail anchoring systems shall be used on open deck bridges, trestles, and viaducts as determined by the MassDOT Rail and Transit Division.

(j) All jointed rail tracks require:

  (1) A minimum of 40 anchors for a 78' rail and be boxed on 20 ties.

  (2) A minimum of 16 anchors per 39' rail and be boxed on 8 ties.

  (3) A minimum of 10 anchors per 33' rail and be boxed on 5 ties.

  (4) No anchors will be placed in grade crossing panels (unless approved by MassDOT Rail and Transit Division).

(k) A fully clipped wood tie, bridge timber, or fully clipped and insulated concrete tie with an elastic fastener, is considered equivalent to a box anchored wood tie.

§125.3(M) Anchor Maintenance

(a) Ineffective anchors shall be removed and replaced when installing railing.

(b) Rail anchors must have full bearing against the tie, or tie plate, when applied.

(c) In order to avoid damage, only proper tools or machines should be used in applying and removing rail anchors.

(d) Anchors should never be applied with a spiking hammer.

(e) Anchors should not be driven along the base of the rail with a hammer.

(f) Care should be taken not to strike the rail.

(g) When the bearing of rail anchors against the tie is disturbed by renewing or re-spacing ties or replacing rail, or the anchor was not properly applied, the anchors must be taken off and then re-applied in proper position. All anchors removed must be re-applied, and defective or broken anchors must be replaced as necessary.

(h) Proper opening between rail ends in jointed rail is maintained by the use of rail anchors.

§125.4(M) Anchor Use

New or relay rail anchors may be used at any location on the MassDOT system as long as they are designed for the rail section to which they are applied and perform as intended.

§127.0(M) RAIL FASTENING SYSTEMS

§127.1(M) Number Required

(a) Track shall be fastened by a combination of components which effectively maintains gage to the prescribed limits.

(b) Additional fasteners may be used where they are needed to hold gage and/or restrain the movement of rail (both longitudinal and lateral).

§127.2(M) Installation of Fasteners

§127.2.1(M) Elastic Fasteners/Clips

(a) All elastic fasteners shall be inserted or removed from the specially designed tie plate with an approved device such as an 8 lb. sledgehammer. ***The use of a spike maul is prohibited.***

(b) Elastic fasteners shall not be overdriven as overdriving will cause premature relaxation of the fastener.

Overdriven Pandrol E-Clip

Correctly Driven Pandrol E-Clip as End of Clip Lines Up with Edge of Tie Plate

(c) If a fastener has been overdriven or is not performing its intended function of limiting the vertical and longitudinal movement of the rail, it shall be replaced.

(d) In the case of an “e” clip, a distance of 3/8" (approximate width of a wooden pencil) between the shoulder and the face of the clip should be maintained. This clearance will prevent overdriving.

(e) When applying clips with a sledgehammer, the clip must be gently tapped to ensure proper insertion before the clip is fully seated. When removing clips with a sledgehammer, secure clip with foot and gently tap clip to remove the toe load to ensure safe removal of the clip.

(f) When installing clips, the tie must be tamped up flush with the base of the rail before driving the clip so as not to damage the clip. The clip is not to be used to pull the tie up to the base of the rail.

§127.2.2(M) Screw Spikes

(a) A 15/16" diameter lag screw shall be used to secure elastic fastener plates with 1" diameter holes to wood ties and timber. Lag screws must be screwed into a 11/16" diameter pre-drilled hole that is 6" deep. Driving of lag screws with a sledgehammer or spike maul is prohibited.

(b) As shown in the MBTA Standard Plan Book 1225, in turnouts, gage, slide, heel, frog and standard tie plates, all round holes will be filled with a screw spike except:

 (1) Self-aligning frog tie plates shall have one screw spike installed on each end of each plate.

(c) Holes for screw spikes shall be pre-drilled 11/16" in diameter and 6" deep.

§127.2.3(M) Cut Track Spikes

(a) All spikes (cut spikes) shall be driven with the head pointed toward the rail, except that spikes driven against the sides of insulated joints shall be driven with the head pointing away from the rail and not be in contact with the joint bars.

(b) Spikes should not be driven at ends of insulated joints as rail movement may cause the insulated joint bar to become electrically connected to the rail.

(c) Spikes must be started vertically and squarely and driven straight. The shank of rail holding spikes must have full bearing against the base of rail. Spikes should be driven in accordance with the AREMA Manual, Chapter 5, leaving 1/8" clearance between the spike head and the base of the rail. Do not overdrive spikes.

(d) The use of lock spikes (hair pins) are prohibited. When existing lock spikes are removed they shall be replaced with cut spikes.

(e) Care must be taken not to strike the rail, its fastenings, or signal appliances when driving spikes.

(f) Spikes in main tracks, that have a cut throat, or are deteriorated due to rust, should be replaced.

(g) All old spikes, when pulled, shall be picked up and scrapped.

(h) Track spikes shall not be driven into round plate holes.

(i) When the head of the track spike is broken off, the replacement spike should be inserted in a new location, leaving the spike stub in the tie.

(j) All spike holes shall be plugged with cedar wood plugs, or with an approved plugging material, prior to re-spiking.

§127.3(M) Rail Fasteners Required

(a) Track shall be fastened by a system of components that effectively maintains gage within the limits prescribed.

(b) When spikes or elastic fasteners are used (unless otherwise ordered by the MassDOT Rail and Transit Division), each rail shall be fastened to every tie in the following manner:

Track **Conventional Tie Plates**	**Rail Holding Spikes**	**Plate Holding Spikes or Lag Screws**
Tangent and curves up to 1°	3 (1 field side rail holding; 2 gage side rail holding)	0
Curves between 1° and up to 4°	3 (1 field side rail holding; 2 gage side rail holding)	1 (1 field side)
Curves 4° and over and curved leads on all turnouts and crossovers	3 (1 field side rail holding; 2 gage side rail holding)	2 (1 field side; 1 gage side)[1]
Elastic Fastener Tie Plates	**Elastic Fasteners (Clips)**	**Lag Screws**
Tangent	2 clips	2 (1 field side; 1 gage side)[1] (2 cut spikes – 1 in each square hole field and gage)
All Curves	2 clips	4 (2 field side; 2 gage side) (2 cut spikes – 1 in each square hole field and gage)
All track with pre-plated ties	2 clips	4 (2 field side; 2 gage side)
Note: (1) Apply diagonally on opposite side of clip.		

§129.0(M) TRACK SHIMS

(a) If track does not meet the geometric limits (e.g., crosslevel or profile), track shims may be installed to temporarily correct the track surface.

(b) Shimmed track must be watched carefully to ensure that shims are in place and tight, and that proper gage and crosslevel is being maintained.

(c) If shims are used, they must be removed as soon as the weather, or other conditions, permit the track to be surfaced.

(d) Tie plates must not be removed from the ties as a means of adjusting the surface or crosslevel of track.

(e) Track shims must be at least the size of the tie plate and be spiked directly to the tie with spikes which penetrate the tie at least 4-1/2".

(f) Track shims must be bored where spikes are to be driven, and made of a material approved by MassDOT Rail and Transit Division.

(g) Track shims shall be braced if the shim is over 1" in thickness.

(h) Design and materials used in braces shall be approved by MassDOT Rail and Transit Division.

§145.0(M) BRIDGE GUARD RAILS

§145.1(M) Location

(a) A bridge guard rail is a continuous line of rails, connected by bolted joints or welds. The guard rail is fastened to the crossties or bridge ties adjacent to the gage side of the running rail.

    (1) One such rail is designated in these instructions as a “Single” bridge guard rail.

    (2) Two such continuous lines of rail, one adjacent to the gage side of each running rail is designated as a “Full” bridge guard rail.

(b) Guard rails are applied between the running rails of tracks at undergrade bridges which meet the below listed criteria. Full bridge guard rails shall be installed at the following locations:

    (1) Open deck bridges.

    (2) Ballast deck bridges.

    (3) Truss bridges (all).

    (4) Moveable bridges (all).

    (5) Other locations as directed by MassDOT Rail and Transit Division.

(c) Existing bridge guard rails applied in accordance to previous standards or practices need not be changed (unless instructed by MassDOT Rail and Transit Division).

(d) When it is necessary to remove bridge guard rail to perform work, bridge guard rail will be reinstalled only where required by the above instruction.

§145.2(M) Materials

(a) Suitable scrap or relay running rail may be used. The installed rail section will be approximately:

    (1) Level, but not more than 3/4" below the top of the adjacent running rails as per MBTA Standard Plan Nos. 3060 and 3062.

    (2) But in no case higher than the running rail.

(b) Install tie plates under guard rails on every other tie or timber. Tie plates should be installed with reverse cant.

(c) Joints shall be either four or six hole bars with a minimum of four bolts per joint. Joint bars shall not be used within the curved end section of the guard rail.

§145.3(M) Application

(a) Bridge guard rails shall extend a minimum distance of 39' (for speeds up to 60 MPH) and 78' (for speeds over 60 MPH), beyond each end of the bridge abutment, unless increased distances have been prescribed for specific territories or locations.

(b) The end of the bridge guard rails should be curved and brought to the center of the track.

(c) Guard rail ends shall have the rail ends beveled, bent down, or be fitted with a bridge guard rail nose. Each end shall be fastened to the center of the track so as to divert a derailed wheel and not catch dragging equipment.

(d) The guarding face of bridge guard rails on open deck bridges shall be parallel to and 12-5/8" from the gage of the running rail. If plates and clips are used on open deck bridges, see Paragraph (e) below.

(e) The distance of the guarding face will be changed in the following locations:

- (1) On ballasted deck bridges the guarding face shall be at 18".
- (2) On ballasted approaches to bridges the guarding face shall be at 18".

(f) Guard rail ends shall rest on a sound tie and be securely fastened.

§145.4(M) Inspection and Maintenance

Guard rails shall be inspected periodically to make certain that bolts and joints are tight, spikes are firmly against base of the rail, and castings fastened securely to rail ends, or ends properly beveled or bent down.

Subpart E - Tools

§150.0(M) TOOL REQUIREMENTS

(a) The person who is responsible for performing the track/switch inspection shall plan ahead and coordinate with the Operating Railroad Company to ensure that inspection tools are available when the inspection is made.

(b) The person who is responsible to perform track inspections shall notify the Operating Railroad Company when tools become in disrepair so that a tool can be fixed or replaced.

(c) Specified numerical limits given in this Part are to be confirmed during the track/switch inspection with the appropriate tool.

- (1) Values are not to be estimated or approximated.
- (2) Only values measured with approved tools are to be recorded on the Track Inspection Form.

(d) The person who is responsible for performing track inspections is encouraged to make periodic recommendations for improvements in existing tools or gauges and changes in tools that are needed to make the required inspection measurements.

§150.1(M) *Inspection Tools*

(a) Marking materials, as noted below, may be used to mark stations, tie lengths, dimensional data, and other information that will be made part of the inspection.

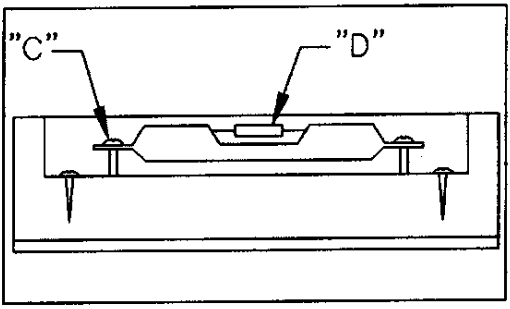
- (1) Crayon (keel);
- (2) Permanent metal marker.

(b) A mirror to be used to view difficult areas, especially the base or fillet of the rail, or connections to the moveable point frog and switch point area.

(c) A cloth measuring tape or folding wooden ruler may be used to measure track components and ties in the turnouts. The tape or ruler shall be non-conducting. The tape or folding wood ruler can also be used to measure switch point throw, frog guard face, and guard check, stations for alignment measurements, rail flow, tie spacings, offsets, and other key dimensional data.

(d) A standard combination track gauge with level shall be used so that gage, flangeway width, crosslevel, and superelevation measurements can be made.

- (1) Level Board:
  - (i) The person who is responsible for performing the track inspection shall ensure that the level board is checked and maintained to measure correct crosslevel readings.
- (2) Adjusting a Level Board:
  - (i) Set the level board on the tangent track where accuracy was checked and the difference in elevation between the two rails is known.
  - (ii) If required, turn the adjusting screw “C” to return the bubble “D” halfway between the readings for the known elevation. Center the bubble if possible.
    - Turning the adjusting screw to the right moves the bubble away from the screw (Memory Aid: “Turn screw right away”).
    - Turning the screw to the left moves the bubble toward the screw.



(iii) Turn the level board end for end and place it at the same point on the track.

(iv) See if the bubble is centered or the same. If the bubble rests at the same place, the board is adjusted.

(v) If the bubble readings are not the same, or not centered, continue steps (ii) through (iv). When the bubble is always at the same location (and centered), the level board is adjusted.

(3) Adjusting a level board by bubble positions:

(i) Place level board on the rails.

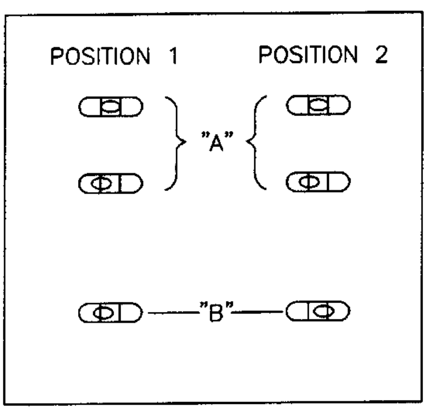
(ii) Note position of the bubble.

(iii) Turn level board end for end and place it at the same point on the track.

(iv) Note position of the bubble again.

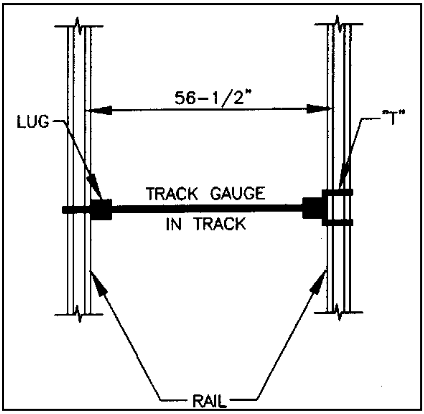
(v) If the bubble comes to rest in the same position both times “A”, the board is in adjustment.

(vi) If the bubble comes to rest in different positions “B”, adjustment of the board is necessary (see “Adjusting a Level Board” (d)(2)).



(4) The Track Inspector shall check and verify daily prior to use that standard track gauges are correctly measuring track gage.

(e) Checking a non-adjustable fixed track gauge.



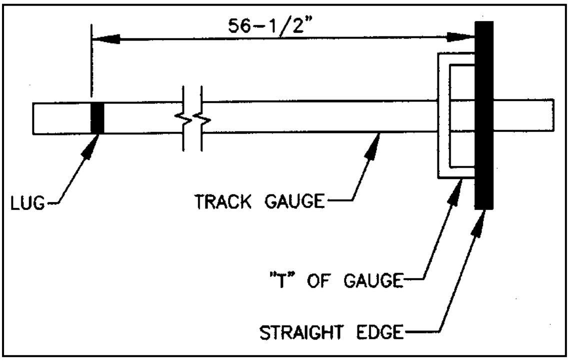
(1) Turn the gauge upside down.

(2) Place a straight edge along the "T" of gage.

(3) Measure the distance between the nearest face of straight edge and the lug.

  (i) If the measurement is 56-1/2", the track gage is accurate.

  (ii) If the measurement is not 56-1/2", the track gage is inaccurate. DESTROY AND DO NOT USE IT!



Track Gage Check

(f) A machined straight edge (minimum of 18" in length) shall be used to measure batter and chipping of rail ends, wear, flattened rails, mismatches (gage and tread) and engine burns on frogs and rail heads.

(g) A 36" machined straight edge with taper gauge shall be used to measure the straightness of field and plant welds.

(h) A taper gauge shall be used in conjunction with the straight edge to measure the depth of engine burns, flattened rails, and other anomalies in the rail head. In addition, the taper gauge shall be used to measure switch point/stock rail gap, and the gap at the moveable point frog.

(i) Stringline equipment capable of measuring 31' and 62' chords shall be used to check “alignment” spots. A discussion of stringlining curves is given in §55.2(M).

(j) Approved magnetic rail thermometer shall be:

(1) Calibrated in Fahrenheit, with a temperature range of 0°F - 150°F or as approved.

(2) Encased in housing with strong magnet(s) for attaching to web of rail.

(3) Meet AREMA Standard Rail Thermometer Plan 34-71, or approved equal.

(k) The following gauges may be used to check critical dimensions in and around frogs:

(1) Flangeway gauge: the gauge is designed to measure the flangeway in worn frogs so that grinding and welding repairs can be programmed. The gauge to be used by the Track Inspector shall conform to AREMA Plan No. 790-94.

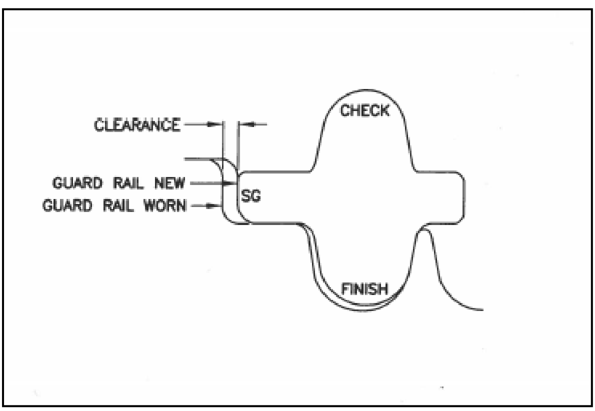
(2) Guard wear gauge: the gauge is designed to measure the wear on the guarding faces on a self-guarded frog.

(i) See AREMA plan for permissible variations in dimensions due to wear of frogs.

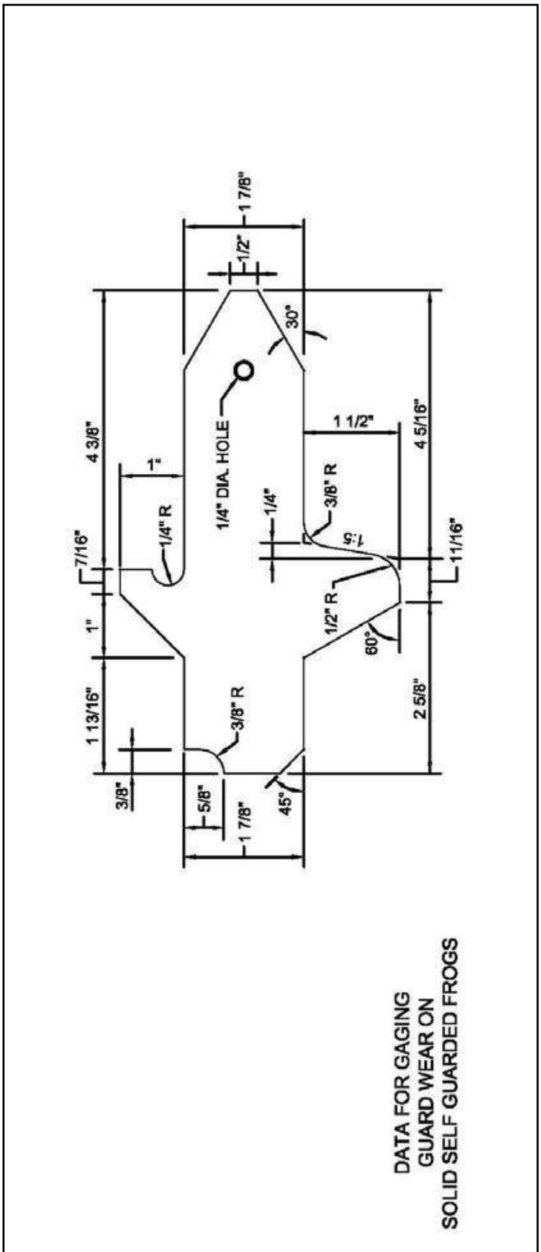
(3) The check gauge is used to test the flangeways in worn frogs and crossings for grinding or for welding repairs when necessary. It is designed for normal 1-7/8" flangeways and proper allowance should be made when used with wider flangeways. Standard contour gauge for self-guarded frogs is shown on the next page.

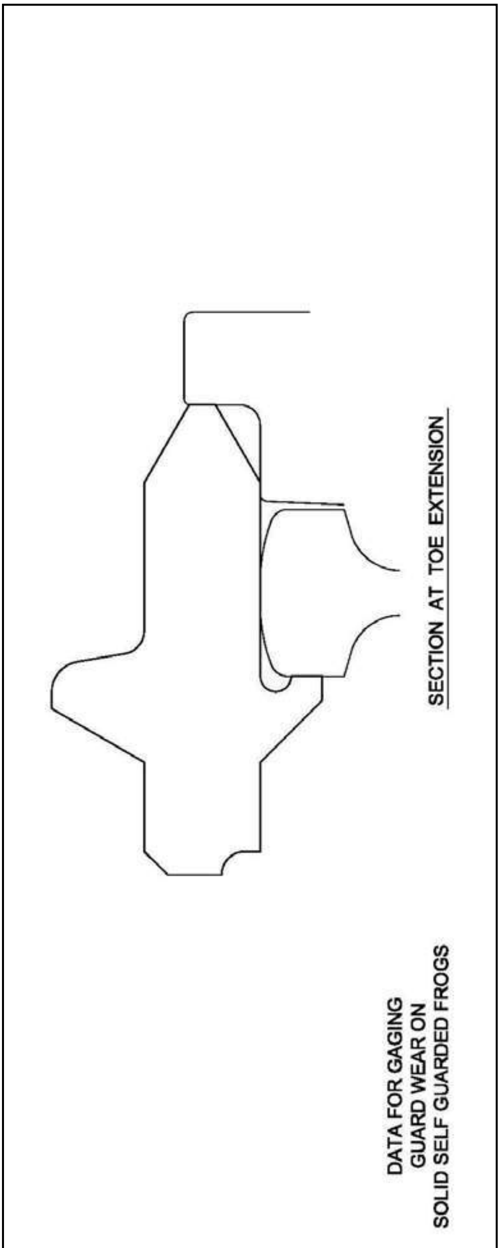
(4) The following check gauge graphic is used to measure flangeway widths in worn frogs and crossings to determine necessary welding and/or grinding repairs:

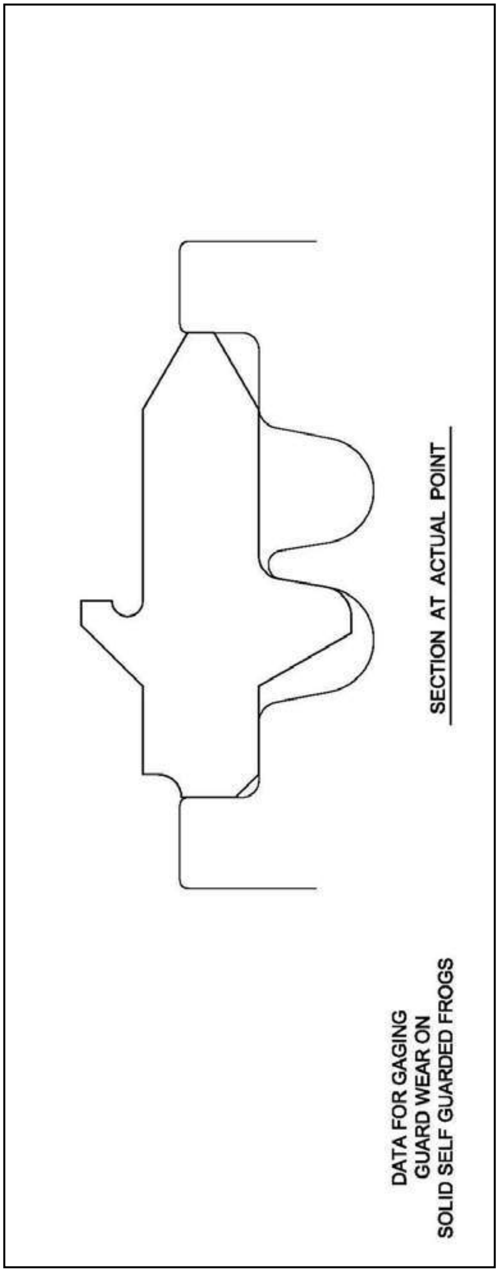
(i) The gage is designed for normal 1-7/8" flangeways.



(5) The gauge to be used by the Track Inspector shall conform to AREMA Plan No. 790-02 as shown on the following pages.


DATA FOR GAGING
GUARD WEAR ON
SOLID SELF GUARDED FROGS
1 7/8"
1/2"
30°
1/4" DIA. HOLE
1 1/2"
4 3/8"
4 5/16"
1"
3/8" R
1/4"
1/4" R
1:5
7/16"
11/16"
1/2" R
1"
60°
1 13/16"
2 5/8"
3/8" R
3/8"
5/8"
45°
1 7/8"


SECTION AT TOE EXTENSION
DATA FOR GAGING
GUARD WEAR ON
SOLID SELF GUARDED FROGS


SECTION AT ACTUAL POINT
DATA FOR GAGING
GUARD WEAR ON
SOLID SELF GUARDED FROGS

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SUBPARTS A-H

RECOMMENDED PRACTICE FOR THE MAINTENANCE OF SPECIAL TRACKWORK

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RECOMMENDED PRACTICE FOR THE MAINTENANCE OF SPECIAL TRACKWORK

TABLE OF CONTENTS

Subpart A – General

§1.0(STM) SCOPE

(a) This subpart will provide guidance as to the types of maintenance and maintenance limits required for special trackwork**.**

(b) This subpart shall be used by the MassDOT' s Operating Railroad Companies to maintain a safe, reliable track structure in the most economical and efficient manner possible.

(c) Forces engaged in the repair of special trackwork and appliances shall be aware that their maintenance goal is to provide a safe and reliable track structure with a superior ride quality.

(d) Ensuring adequate spare material inventory for all trackwork is the responsibility of the Operating Railroad Companies.

§2.0(STM) MAINTENANCE RESPONSIBILITIES

(a) MOW personnel in charge of making repairs and performing maintenance of turnouts and other trackwork shall attend and successfully complete courses prescribed by the Operating Railroad Companies.

(b) For Track Classes 1-5, individuals designated to supervise the maintenance, restoration, and renewal of trackwork shall be designated in accordance with FRA §213.7.

§3.0(STM) SCHEDULED MAINTENANCE ACTIVITIES

(a) Turnouts and other special trackwork must be maintained on a regular basis to:

- (1) Provide a safe and reliable track structure;
- (2) Provide acceptable ride quality;
- (3) Maximize the useful life of the special trackwork.

(b) The maintenance schedule for special trackwork is driven by:

- (1) Location of the special trackwork;
- (2) Frequency and accumulated tonnage over the special trackwork;
- (3) Type and maintenance history of the special trackwork;
- (4) Inspection reports of the Operating Railroad Companies.

(c) A summary of scheduled maintenance activities for special trackwork is given in the following table. This table is not intended to be all-inclusive and only identifies the major activities that are usually associated with special trackwork maintenance.

Scheduled Maintenance Activities for Special Trackwork

- Lubrication of switch and spring frog plates
- Maintenance grinding of frog, switch point, and stock rails
- Maintenance grinding of welds, forged areas, and slotting of mechanical joints
- Maintenance welding of worn frogs
- Maintenance welding of engine burns ($\leq$3/8")
- Production grinding of special trackwork and approaches:*
  - 8-12 stone production switch grinder
- Inspection of gage, with attention to the spread of the rail due to defective fasteners, timber, and/or rail wear
  - Inspection of guard face gage, guard check gage and track gage
- Inspection of head block area (switch stand, timbers, and latches)*
  - Check the crank eye bolt under the switch stand to include cotter pin
  - Check the upright bolt and cotter pin at the connection between number 1 rod and the throw rod
  - Inspect all switch locks, circuit controller (CC) box, and unlock box for proper number and placement
  - Throw turnout to observe for loss of motion
  - Observe switch point and stock rail fit
- Maintenance, cleaning, and adjustment of switch targets
- Maintenance and replacement of gage plate and rod insulation*
- Spot tamping of trackwork*
- Out-of-face surfacing and alignment of trackwork*
- Spot replacement of major trackwork components (stock rails, switch points, frogs, etc.)*
- Spot rail replacement to include the replacement of insulated joints and curve worn rail*
- Bolt maintenance: tighten or replace loose and defective bolts and torque to specifications; inspect and install cotter pins as required
- Replacement or adjustment of defective fastener systems
- Maintenance of drainage and waterways
- Vegetation management
- Ballast maintenance
- Out-of-face ballast replacement (undercutting and shoulder ballast cleaning)*

***The Signal Department shall be notified prior to maintenance and inspection as noted above. In addition, the Signal Department must be notified when work is required on the following items:**

- Insulation on bridal plates
- Insulation on switch rods
- Repair/replacement of insulation joints
- Protection of track wires and bond wires

§4.0(STM) UNSCHEDULED MAINTENANCE ACTIVITIES

(a) Unscheduled maintenance activities are maintenance activities that cannot be planned or programmed.

(b) Unscheduled maintenance of special trackwork and components can be due to:

  (1) Any signal failure.

  (2) Natural events, such as fire, flood, severe storms, and extreme temperatures or extreme variations in temperature, and earthquakes.

  (3) A sudden change in the type of traffic, speed of traffic, or frequency of traffic over special trackwork.

  (4) A “run through” or derailment within the area of special trackwork or a component of special trackwork.

  (5) Failure of a component or components.

Subpart B – Maintenance Program

§5.0(STM) MAINTENANCE

Refer to §5.0(M)

§6.0(STM) PLANNING AND COORDINATION

(a) Refer to §3.0(STM) for the list of maintenance activities that shall be planned and performed by track forces.

(b) Programmed maintenance shall provide for the safety of train operations and shall be carried out in a cost-effective manner to provide maximum life to the trackwork and maximum benefit to the Operating Railroad Company.

(c) The information contained in inspection reports shall be used to plan trackwork maintenance.

(d) Program maintenance and/or capital maintenance and production should be internally coordinated with the Operating, Signal, and Bridge & Building (B&B) Department of the Operating Railroad Company.

(e) Planned maintenance that involves work within private rights-of-way (i.e., grade crossings and utilities), shall be coordinated with fire, police, public safety, and appropriate utilities (call 811 for Dig Safe). Also coordinate with local Department of Public Utilities (DPU) and/or State District.

§7.0(STM) QUALITY CONTROL

(a) The person in charge of performing the maintenance activity or repair shall be responsible for the overall quality of the work performed.

(b) All maintenance work shall be performed in accordance with these practices.

(c) An Operating Railroad Company Official shall periodically review the work performed for quality, consistency, and adherence to (b).

(d) Trackwork repairs that are deficient:

  (1) May be cause for remedial action.

  (2) Shall be brought to the attention of an Operating Railroad Company Official.

(e) An Operating Railroad Company Official shall see that any additional work necessary is performed to bring the repair into compliance with MassDOT recommended practice and shall re-inspect for substandard or deficient work.

(f) Operating Railroad Company personnel are encouraged to make recommendations as to the required modifications to methods, procedures, and practice to improve the overall quality of work.

Subpart C – Scheduled Site Maintenance Activities

§33.0(STM) DRAINAGE AND WATERWAYS

Drainage in and around special trackwork shall be maintained in accordance with §33.0(M).

§37.0(STM) VEGETATION MANAGEMENT

Vegetation in and around special trackwork shall be maintained in accordance with §37.0(M).

Subpart D – Maintenance Limits

§50.0(STM) SCOPE

(a) Maintenance is the repair or replacement of a component of special trackwork which may include switch points, frogs, and fastenings.

(b) Maintenance limits are to be used as a triggering mechanism that prompts maintenance or reconstruction.

   (1) It is MassDOT's goal to have special trackwork that is maintained above FRA minimum standards.

   (2) As special trackwork components wear, maintenance should be programmed before the track reaches the maintenance limits.

   (3) Maintenance must be executed whenever the maintenance limits are exceeded and completed prior to reaching the FRA minimum standards.

   (4) Whenever possible, special trackwork should be repaired or reconstructed to as-new condition.

(c) The maintenance limits and recommended practice for special trackwork and other trackwork are found in this subpart or the applicable maintenance sections.

§53.0(STM) GAGE

Refer to §53.0(M), "Gage."

§55.0(STM) ALIGNMENT

(a) Maintenance shall be performed when alignment values reach the limits given in §55.0(M) Alignment.

(b) The straight stock rail (open point) in a turnout is the line rail. If stations fall within undercut portions of the stock rail, alignment measurements may be taken on the field side of the stock rail.

(c) In special trackwork, alignment deviation in curves is the difference in the mid-ordinate value between adjacent stations and not the average of multiple stations (uniformity) as given in FRA §213.55.

§63.0(STM) TRACK SURFACE

(a) The following criteria:

   (1) Will serve as a practical guide for the maintenance of smooth riding conditions in special trackwork; and

   (2) Will minimize the wear on special trackwork, special trackwork components, and rail vehicles.

(b) For Track Classes 1-5, surface may not deviate more than the amount prescribed in the table in §63.2(M).

Subpart E – General Maintenance Requirements

§133.0(STM) TURNOUTS AND CROSSOVERS

§133.1(STM) Use of Turnouts and Crossovers

(a) Turnouts and crossovers are designated by their frog numbers and should be used as follows:

(1) No. 20: At interlocking plants for crossing over of high speed trains from one main track to another main track (normally used in the same or reverse direction in locations where the normal speed is 50 MPH or more).

(2) No. 15: At interlocking plants for movements to another main track (normally used in the same or reverse direction, where conditions do not justify or afford the distance required for No. 20 frogs). For diverting trains to sidings or other tracks and returning trains to main tracks through power operated or spring switches.

(3) No. 10: For all other turnouts from main tracks and sidings, where practicable, and in yards and terminals.

(4) The use of other turnouts must have the approval of MassDOT Rail and Transit Division.

§133.2(STM) Speeds Through Turnouts

(a) The maximum permissible speeds through turnouts when located in tangent track will be as follows:

Frog No.	**Switch Point/ Switch Rail Length (Ft.)**	**Maximum Authorized Speeds (MAS) (MPH)**
20	59'-6"	60*
20	39'	45
20	39'	60*
15	38'	30
15	26'	30
10	27'	15
10	16'-6"	15
8	16'-6"	10

Note:
* With equilateral turnouts only.

(b) When turnouts or crossovers are located in curved tracks, speed must be adjusted in accordance with FRA §213.57.

(c) The maximum authorized speed (MAS) through turnouts shall be designated by the MassDOT Rail and Transit Division.

§135.0(STM) SWITCHES

(a) Switch points and moveable points should be kept in line and surface with all bolts tight and cotter pins in place.

(b) Switch points must fit the stock rails closely and accurately, with a full bearing against the head of the stock rail. If a wear pattern indicates bearing only along the top edge of point, the cause of wear shall be investigated and corrected.

(c) When an open switch point is found of more than 3/16", it must be immediately corrected and/or removed from service.

(d) Each switch stand in connecting rod must be securely fastened and operable without excessive loss of motion.

  (1) Connecting rod bolts must be of the proper size and installed with the bolt facing upwards and the nut on top.

  (2) The upright bolt and nut shall be drilled to accept and installed with a cotter pin.

(e) Switch points and stock rails should have the overflow ground off. Attention should be given to the overflow and fit of the back side of the switch point to the stock rail.

(f) When necessary to replace individual switch points or stock rails, use replacement material of similar kind (i.e., Samson points to Samson stock rails; plain points to plain stock rails).

(g) When replacing or changing a switch point, replace switch points and stock rails as a set:

  (1) Fastenings must be intact and maintained so as to keep the components securely in place.

  (2) Also, each switch, frog, and guard rail must be kept free of obstructions that may interfere with the passage of wheels.

  (3) Classes 3-5 track must be fully box anchored through and on each side of track crossings and turnouts to restrain rail movement affecting the position of switch points and frogs. Elastic fasteners designed to restrict longitudinal rail movement are considered the same as rail anchors.

(h) Adequately fasten switch points and stock rails to prevent lateral and longitudinal rail movement.

(i) Upright bolts used with horizontal switch rods must be placed with nut ends up and nuts secured with cotter pins so they can be visually inspected.

(j) Switch points shall be replaced when worn or chipped so that the top of the switch point, at any place, is more than 7/8" below the plane across the top of the stock rails.

(k) Unusually chipped or worn switch points that are found to have an unprotected flat, vertical service, 5/16" or more in width, at a depth of 3/4" below the top of the stock rail and switch point, must be removed from service and replaced immediately. This type of point wear may contribute to a wheel climb derailment.

(l) Switch points shall be replaced when the raised portion of the switch point (rise) is worn down to the level of the top of the stock rail. The purpose of the rise is to prevent the outer edge of the wheel tread from striking the stock rail and rolling the stock rail out of the switch plates and causing a derailment.

(m) Chipping or wear on any switch point should be investigated, its cause determined and corrective action taken. Wear or chipping produces a sloping surface on the face of the switch point which may tend to lift a wheel having an imperfect flange. The switch rail should be further examined to locate any point of hard contact by the wheel, which might contribute to wheel climb.

(n) Spot grinding of points is allowed to remove chips, minor burns, small imperfections, small cracks, etc., with care being taken to insure that proper profile is restored to the switch point to prevent wheel climb. Grinding is not to exceed 7/8" below top of stock rail.

(o) When changing switch points and curved closure rails, or when grinding switch points, lubricate as follows:

  (1) The gage face of the curved point and the curved closure rail.

  (2) Spot lubricate top of straight closure rail in vicinity of switch point.

  (3) Lubricate gage face of all ground switch points.

(p) Switch points, components, and connections must be examined frequently.

  (1) It is important that the stock rails are securely seated and have no movement in the switch plates.

  (2) Care should be taken to avoid canting the rail by over-tightening the rail braces.

  (3) Switch plates shall have no movement on the ties.

(q) Switch plates and moveable parts should be kept clean and lubricated with an approved graphite dry lubricant.

(r) The heel of each switch point must be secured and the bolts of each heel must be kept tight (e.g., fixed blocks).

(s) In yards when using No. 10 turnouts or smaller, and the maximum authorized speed does not exceed 15 MPH, a switch point guard may be applied to the outside of the stock rail.

(t) Switch point guards shall be used only in yards and installed so that the distance of the guarding face of the guard to the gage face of the switch point is set at 3-15/16". The gage face of the switch point guard shall be restored by welding once the wear exceeds 1/4" (4-3/16").

§137.0(STM) FROGS

(a) See AREMA Standard Track Plan No. 300 for guidance on the use of frogs.

(b) All metal flow from frogs must be ground promptly and the gage and guard edges of castings rounded. The radius shall be ground to match the original radius and contour of the frog. See AREMA Standard Track Plans or manufacturer’s shop drawing.

(c) New frogs should be ground 30 days following installation. Subsequent grinding will be required monthly for the first several months depending on frog type and service.

(d) Frog points, frog castings, and wheel relief areas (false flange), should be built up by welding to maintain as-new cross section. Spring rail frogs also have false flange relief areas by design. See AREMA Standard Track Plans or manufacturer’s shop drawing.

(e) Worn frogs should be repaired in track by an approved electric welding method and then ground to the correct contour.

(f) Each flangeway in special trackwork must be at least 1-1/2" wide with a 1/8" head radius.

(g) The flangeway depth, measured from a plane across the wheel-bearing area of the frog, may not be less than 1-3/8" in Track Class 1 or less than 1-1/2" in Track Classes 2-5.

(h) If a frog point is chipped, broken, or worn more than 1/2" down and 3" back, the frog should be repaired.

(i) If a frog point is chipped, broken, or worn more than 5/8" down and 6" back, operating speed over that frog may not be more than 10 MPH.

(j) If a riser or insert of a frog is broken out or worn down more than 3/8" below the original contour, operating speed over that frog may not be more than 10 MPH.

(k) Welding repairs on manganese (Mn) steel frogs shall be performed by a welder certified to weld manganese steel.

(l) All frog repairs should be ground to contour. Square corners lead to breakouts into the flangeway.

(m) Frog welding may be prolonged indefinitely by proper grinding practices.

(n) Missing or loose frog bolts shall be retightened or replaced with bolts of correct length and diameter.

(o) All frogs requiring repairs that cannot be made in track shall be removed from track and shipped to the designated repair point.

(p) Frogs shall be supported on effective timber that is fully tamped to minimize wear and damage from train traffic.

§139.0(STM) SPRING RAIL FROGS

(a) Spring frogs have a moveable wing rail that is normally held closed against the body of the frog except when pushed open by a diverging movement. This results in a smoother ride for main line moves.

(b) Spring frogs must be inspected to comply with FRA §213.139.

(c) Recommended practice for the proper installation, inspection, and maintenance:

  (1) Spring frogs must be inspected on foot at least once per week.

  (2) Good surface, line, drainage, and timber condition must be maintained.

  (3) The outer edge of a wheel tread must not be permitted to contact the gage side of the spring wing rail.

  (4) All bolts should be tight:

    (i) Some body bolts are special thin head bolts.

    (ii) Maintenance body bolts (studs) are available for locations where frog must be disassembled to install new bolt.

  (5) Ensure spring wing can move freely.

(d) Spring rail frogs are to be used on industrial tracks that are used infrequently (unless approved by the MassDOT Rail and Transit Division).

(e) The clearance between the hold-down housing and the horn may not be more than 1/8" at the top and 1/8" at the bottom. Other issues to be addressed:

  (1) Wing and point must fit properly. Grind overflow to prevent chipping. Grind gage corner radius to 5/8".

  (2) The spring wing to frog point is designed to have a 3/8" gap at the point. A gap of no more than 3/4" must be maintained.

  (3) Ensure there is sufficient tension on spring:

    (i) The spring nuts should be adjusted to compress the spring 1" (1/4" between spring follower and housing).

    (ii) This results in approximately 600 pounds of force from the spring.

(f) Typically, by design, there is a gap of up to 3/8" between the spring wing rail and frog point within the first 5" of the frog point. It is desirable to maintain contact between the spring wing rail and the remainder of the frog.

  (1) A gap less than 3/4" is to be maintained.

(2) If a gap of 3/4" exists, check the compression of the springs on the wing rail to see if the springs must be adjusted and/or replaced.

(g) Particular attention should be paid to the guard face gage in the point area on the straight side of the turnout. A guard rail protects the straight move through the length of the moveable wing.

(h) The outer edge of a wheel tread must not contact the gage side of a spring wing rail.

(i) When surfacing a spring frog:

(1) Do not jack the frog with production equipment between the toe and heel. This could bend the base plate.

(2) Use hydraulic hand jacks.

(j) Base plate and horns should be lubricated with switch plate lubricant.

(k) The toe of each wing rail must be solidly tamped and fully bolted, or preferably, field welded.

(l) Spring frogs should be ground 30 days after installation. Subsequent grinding may be required monthly for the first several months depending on frog type and service.

(m) Welding of a spring rail frog may only be performed with the permission of the MassDOT Rail and Transit Division.

(1) If a spring rail frog is welded in the field, the first train will operate at Class 1 speeds, freight trains at 10 MPH, and passenger trains at 15 MPH.

(2) The spring rail frog will be re-inspected after the first train before the track will be returned to MAS.

(n) Each spring must have sufficient compression force to hold the spring wing rail against the point rail.

(o) Lubricate spring frog plates with approved lubricant in the Spring, Summer and Fall and “Ice Free Switch” anti-icing agent in the winter (or approved equal).

(p) The opening between the spring wing rail and frog point of spring frog shall be kept free of any debris and snow and ice that may impede the operation of the spring wing rail.

§141.0(STM) SELF-GUARDED FROGS

(a) Self-guarded frogs shall be used in non-main tracks where the speed does not exceed 15 MPH.

(b) If, because of wear, repairs need to be made to the guarding face of a self-guarded frog:

(1) The raised guard face of a self-guarded frog may not be worn horizontally more than 3/8".

(2) Repairs require the use of a contour gauge (see §150.1(M), “Inspection Tools”).

(3) The track should be taken out of service.

(4) When repairing the guard face of a self-guarded frog, the build-up of weld material must be made from the top down to prevent wheel climb

(5) When repairs are made to a self-guarded frog, the guard face must be restored before rebuilding the point. This practice will ensure that the wheel does not strike the rebuilt frog point.

§142.0(STM) GUARD RAILS

§142.1(STM) Guard Rails - General

Guard rails shall be furnished in accordance with MBTA Standard Plan Book, AREMA Standard Plan Book, or as approved by the MassDOT Rail and Transit Division.

§142.2(STM) Guard Rails - Use

(a) Guard rails used with No. 15 spring frogs shall be a minimum of 16'-0" in length. Guard rails used with frogs of lesser number shall be a minimum of 13'-0" in length.

(b) Guard rails used with No. 10 spring frogs shall be a minimum of 16'-0" in length, or as approved by the MassDOT Rail and Transit Division.

(c) Guard rails installed in accordance with previous standard practice may be continued in general use until their replacement becomes necessary.

(d) Relay quality hook flange guard rails must only be reinstalled in other than main tracks.

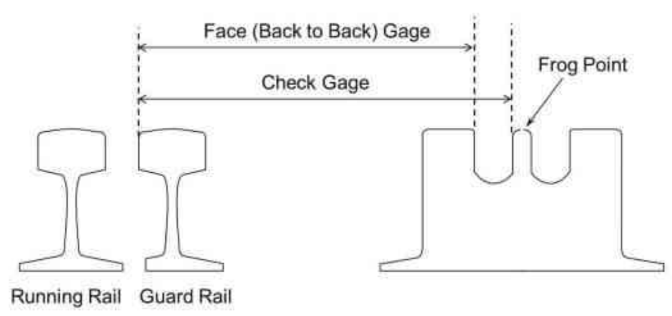
§143.0(STM) FROG GUARD RAIL AND GUARD FACES; GAGE

(a) If possible, when performing trackwork maintenance, repairs shall be made to restore the installation dimensions of guard rails:

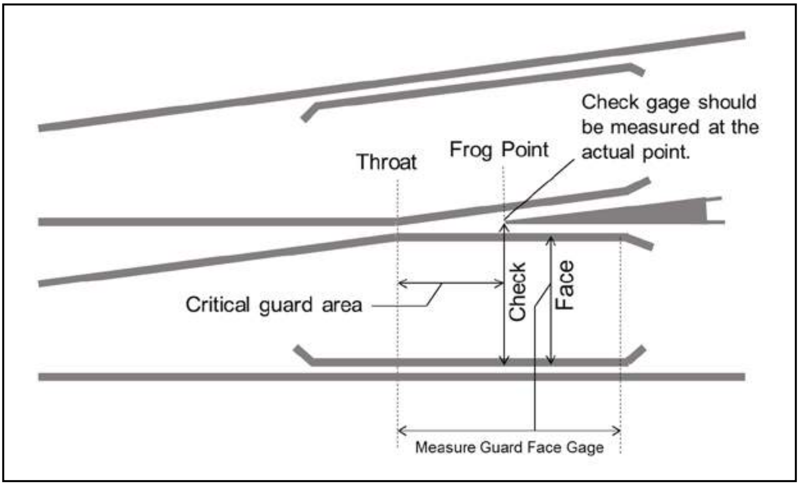
Track gage	56-1/2"
Guard check gage (may not be less than)	54-5/8"
Guard face gage (back to back) (may not be more than)	52-3/4"

(b) Maintenance limits contained in Paragraph (a) are more restrictive than those found in FRA §213.143.

(c) See the following diagrams showing guard check gage and guard face measurement locations.



Guard Check and Guard Face Gage



Guard Check and Guard Face Gage Measurement Locations

§144.0(STM) INSTALLATION OF SPECIAL TRACKWORK GUIDELINES

(a) Trackwork constructed in track, or at the site, shall be built to, and perform to the MBTA Standard Track Plans, AREMA Standard Track Plans, or as approved by the MassDOT Railroad Transit Division.

(b) Turnouts and crossovers shall not be placed in curves or spirals without the approval of the MassDOT Rail and Transit Division.

(c) Pre-plated, pre-assembled switch timber and pre-fabricated switch nose panels (if truckable), are preferred.

(d) Care must be used in unloading and handling all trackwork, timber, and turnouts. This includes handling and unloading from flatbed cars and trucks and assembling and loading onto transport cars.

(e) A minimum 12" bed of clean-bottom compacted ballast shall be provided with good drainage. See MBTA Standard Plan Nos. 1000 and 1002.

  (1) If roadbed materials (sub-ballast and sub-grade) are inadequate, an 8" layer of compacted sub-ballast shall be installed; or

  (2) A 5" layer of compacted hot-mix asphalt under-layment as per MBTA Standard Plan No. 1030; or

  (3) A Geo-Web (or approved equal) sized appropriately for the field conditions (4", 6", or 8") may be used as determined by the MassDOT Rail and Transit Division.

(f) When practicable, special trackwork should be completely installed with switches connected to their operating mechanisms and properly adjusted before trains are permitted to move over the trackwork.

(g) Care must be used when installing trackwork panels to prevent rail bending, tie splitting, or tie cracking, as well as bending and/or breaking fasteners and OTM.

(h) When installing special trackwork panels, bottom ballast should be furnished and installed and compacted level to within 2" to 4" of final bottom of tie grade. The final lift shall be nominal 1-1/2". (Ballast bagging or blocking can be used when undercutting or in emergencies.)

(i) Initial surfacing lifts for special trackwork shall be limited to 2" increments. This size lift helps prevent tie breakage, and the bending of rail and plates in spring and moveable point frogs. The final lift shall be a nominal 1-1/2".

(j) Where only one switch rail (closed point) has been installed in a main track turnout in existing main track, and it is necessary to move trains over the turnout, the following precautions must be taken:

   (1) All switch plates on the turnout side must be in the correct position and clipped and/or fully fastened.

   (2) The switch rail must be securely held against its stock rail by driving a spike in each of the first two ties back of the point and, where possible, spikes must pass through holes in the switch plates.

   (3) The switch point must be secured to the stock rail by standard clamping devices.

   (4) Unconnected ends of lead rails, or the toe of the frog, must be protected by a tapered wedge fastened to the tie to protect against dragging equipment.

   (5) The free end of stock rail must be fastened down to prevent movement and a tapered wedge fastened to prevent against dragging equipment.

   (6) Facing point train movements shall only be made under a 10 MPH temporary speed restriction unless point detection is provided.

(k) If both switch rails have been installed, but not properly connected to the switch operating mechanism, the following must be done before trains are permitted to move over the main track turnout:

   (1) Switch rods must be installed.

   (2) The main track switch rail must be secured against its stock rail, as required above.

   (3) The diverting switch rail (open point) must be blocked by driving a wooden wedge, not less than 18" long, between the switch rail and the stock rail.

   (4) On wood ties, a wedge must be secured in place by means of a lag screw or heavy nail through one clip bolt hole and a piece of wood placed against the end of the wedge and spiked to the first and second ties ahead of the point.

   (5) Unless the curved lead has been installed and spiked or clipped to prevent movement, a connecting rail shall be fastened to the heel of the open switch rail and moved away from the running rail so as to provide at least 5" clearance between rail heads.

   (6) Facing point train movements shall only be made under a 10 MPH temporary speed restriction unless point detection is provided.

(l) The main track guard rail must be correctly placed and clipped or spiked if the frog has been installed.

(m) Unconnected ends of lead rails or the toe of the frog must be protected by a riser wedge fastened to the tie to protect against dragging equipment.

(n) Where track is signaled, a switch circuit controller shall be installed, tested and functioning, by a signal employee of the Operating Railroad Company.

Subpart F – Scheduled Maintenance Activities

§150.0(STM) DESCRIPTION OF SCHEDULED MAINTENANCE ACTIVITIES TO BE PERFORMED

Refer to the table in §3.0(STM) for the list of major trackwork activities to be performed by the Operating Railroad Company.

§151.0(STM) RECORD OF TRACKWORK DISTURBANCE IN CWR TERRITORY

(a) Maintenance activities performed in trackwork installed in CWR track can cause a change in the rail neutral temperature (RNT) of the CWR and cause track instability in and around the special trackwork.

(b) MOW employees in charge of, or responsible for maintenance work performed in and around special trackwork in CWR track, shall be thoroughly familiar with and understand and comply with Appendix A, "Continuous Welded Rail (CWR) Procedures."

§152.0(STM) LUBRICATION OF SWITCHES AND FROGS

(a) Switch and spring frog plates shall be cleaned and lubricated as necessary.

(b) The Signal Maintainer has the overall responsibility to lubricate powered switches and derails in signaled track.

(c) The Track Department has the responsibility to lubricate all other switches, derails, and spring frogs with approved seasonal lubricants.

§152.1(STM) Lubrication of New Switch Points

(a) New switch points shall be greased after installation.

   (1) Special attention should be paid to lubricate the gage face of the diverging point from point of switch to point of frog.

(b) Existing switch points that show indication of wear should be carefully lubricated frequently on the gage face so as to prevent migration to the top of rail, as well as excessive ground and ballast contamination.

§156.0(STM) SURFACING (SPOT TAMPING) - GENERAL

(a) Spot tamping (less than 200') is required to restore the surface and line when deviations approach the alignment and surface maintenance limits given in §§55.0(M) and 63.0(M).

(b) Spot tamping is required to eliminate the excessive deflection and pumping of ties which:

   (1) Overstresses clips causing premature failure or backing out of clips.

   (2) Increases abrasion of the wood ties.

   (3) Fouls the ballast.

   (4) Increases ballast abrasion and wear.

   (5) Changes the load distribution over the length of the tie which, in some cases, may overstress the tie.

(c) Tamping should be performed in such a manner as to prevent the centerbinding of timber and ties.

(d) In wood tie turnouts, head block and movement ties may require tamping by hand to provide full support of the long timber.

(e) When spot surfacing in welded rail territory, see Appendix A, “Continuous Welded Rail (CWR) Procedures.”

§157.0(STM) OUT-OF-FACE SURFACING AND ALIGNMENT

(a) Out-of-face surfacing (greater than 200') shall be accomplished by multiple tool switch tampers, ballast stabilizers, and ballast regulators.

(b) Out-of-face surfacing is usually required when there are multiple spots to be surfaced that are greater than 200' in length.

(c) Out-of-face surfacing is required to restore the overall surface and line when deviations approach the alignment and surface maintenance limits given in §§55.0(M) and 63.0(M).

(d) The Operating Railroad Company shall plan any out-of-face surfacing program for trackwork. The Operating Railroad Company MOW personnel shall make use of information on the Track Inspection Report, Special Track Inspection Report, Monthly Switch Inspection Report, track geometry car readings (if available) and train rides when planning the out-of-face surfacing program.

(e) Out-of-face surfacing and aligning of CWR track should be avoided:

- (1) When the ambient air temperature is 80°F, or rail temperature is 100°F, or above;
- (2) Anytime there is an ambient air temperature of 40°F, or below, for a 24-hour period. To surface and align track below the above temperature requires the approval of MassDOT Rail and Transit Division.
- (3) Any other time when questionable track conditions exist that will not safely support surface and alignment of track.

(f) When out-of-face surfacing in welded rail territory, see Appendix A, “Continuous Welded Rail (CWR) Procedures.”

§158.0(STM) SPOT REPLACEMENT OF MAJOR COMPONENTS

(a) During the useful life of special trackwork, it may be required to replace major components and systems as part of a programmed maintenance activity. The major components include, but are not limited to:

- (1) Switch points, stock rails, and/or point protectors.
- (2) Switch plates or tie plates and clips and fasteners.
- (3) Frogs and guard rails.
- (4) Bolt assemblies.
- (5) Closure rails (associated joint and insulated joints).
- (6) Switch timber and headblock ties.
- (7) Switch stands, switch machines, and/or derails.
- (8) Switch targets, handles, rods, and cotter pins.

(b) The replacement of major components is based on:

- (1) The physical condition of the component.
- (2) The amount of measured wear on the component compared to an established maximum “wear limit” as given in this Part.
- (3) The ability of the component to sustain MAS and meet the operational requirements of the railroad.
- (4) Lost motion of any moving switch parts.

(c) When changing major components, all work performed shall be reported on the daily Track Inspection Report and be available to the MassDOT Rail and Transit for review.

§159.0(STM) SPOT RAIL REPLACEMENT

(a) Rail replacement shall be performed on an as-needed basis as traffic and local conditions warrant.

(b) The replacement of rail is based on:

   (1) The age and physical condition of the rail.

   (2) The existence of a rail defect as defined in FRA §213.113.

   (3) The amount of measured wear on the rail compared to an established "wear limit" for that rail as given in §113.2(M).

   (4) Switch point to stock rail wear limits as given in this Part take precedence over the maintenance limits given in §113.2(M).

(c) A "Rail Failure in Main Track Report" must be filled out and available for MassDOT Rail and Transit Division to review every time a rail is changed.

§160.0(STM) BOLTS AND LOCK WASHERS

(a) During the useful life of trackwork there may be a requirement to replace broken or defective bolts and/or washers in frogs, heel blocks, and at permanently bolted joints.

(b) When evaluating the performance of bolts:

   (1) Verify that the bolt is of the correct diameter, length, and type.

   (2) Visually inspect the performance of the bolt and washer under load.

   (3) Visually inspect the joint or appliance and look for signs of vertical movement, batter, crushing, excessive flow, or excessive wear in the component affixed with the bolt and washer.

   (4) Visually inspect the condition of crib ballast and general line and surface at that location.

   (5) Visually inspect the condition of ties, plates, and clips at bolted locations.

(c) When changing a bolt in a joint, frog, or in a switch point, tighten all other bolts in the immediate vicinity.

(d) The preferred method of tightening new bolts is with a torque wrench and multiplier that applies the recommended level of torque (foot-pounds) to the bolt. See the following tables.

Recommended Torque Values in ft.-lb. to Produce the Minimum Specified Tension in Society for Automotive Engineers (SAE) Grade 5 Bolts

Bolt Diameter	Min Tension (lb.)	Lubricated Condition[1]	Non-Lubricated Condition[1]
1/2"	12,000	80	105
5/8"	18,000	155	210
3/4"	28,000	275	370
7/8"	39,000	450	600
1"	51,000	670	800
1-1/8"	56,000	825	1,100
1-1/4"	71,000	1,165	1,550
1-3/8"	85,000	1,535	2,040

Note:

(1) Lubricated torque valves shall be achieved by applying a metal-based lubricant to the bolt threads.

Recommended Torque Values in ft.-lb. to Produce the Minimum Specified Tension in SAE Grade 8 Bolts

Bolt Diameter	Min Tension (lb.)	Lubricated Condition(1)	Non-Lubricated Condition(1)
1/2"	15,000	100	130
5/8"	24,000	195	265
3/4"	35,000	345	460
7/8"	49,000	565	750
1"	64,000	840	1,120
1-1/8"	80,000	1,180	1,575
1-1/4"	102,000	1,675	2,230
1-3/8"	121,000	2,185	2,910

Note:

(1) Lubricated torque valves shall be achieved by applying a metal-based lubricant to the bolt threads.

§161.0(STM) FASTENING SYSTEMS

(a) During the useful life of trackwork, it may be required to change rail fasteners (e.g., clips or spikes or screw spikes) as a normal maintenance activity.

(b) The replacement of fasteners is based on:

(1) The physical condition of the fastener (worn or corroded and/or broken or missing).

(2) The ability of the fastener and the fastening system to minimize the horizontal and vertical movement, as well as the longitudinal movement of the rail or components (e.g., switch points, frogs and guard rail), and to sustain maximum authorized speed.

(c) When evaluating the performance of fasteners, the Foreman shall:

(1) Verify that the correct type of fastener is being used.

(2) Visually inspect the fastener for cracks and breaks.

(3) Visually inspect the fastener to see if they are overdriven.

(4) Visually inspect the components being fastened and look for signs of vertical or horizontal movement or excessive wear.

(d) Clips that have repeatedly backed-out or fallen-out should be replaced with new clips and not reused.

Subpart G – Turnouts in Signalized Track

§170.0(STM) GENERAL PROCEDURES FOR WORK ON TURNOUTS IN SIGNALED TERRITORY

(a) When adjusting or working on a main track turnout in signaled territory:

(1) Notify the Signal Maintainer.

(2) Obtain foul time, track time or other form of Roadway Worker Protection (RWP) from the dispatcher.

(3) Hold a job briefing.

(4) Block the switch point.

(5) Perform the work.

(6) Remove blocking.

(7) Perform obstruction test (by Signal Maintainer).

(8) Make sure hand-thrown turnout is aligned and locked with an approved lock in the normal position before returning to service.

(9) Return track to service.

Subpart H – Mechanisms, Appliances, and Devices

§200.0(STM) SWITCH OPERATING MECHANISMS

§200.1(STM) Use of Mechanisms

(a) Switches shall be operated by approved types of mechanisms as follows:

(1) Power mechanisms as approved by the MassDOT Rail and Transit Division after recommendation by the Signal Department.

(2) Spring switches: Manually operated switch mechanisms, which are supplemented by slow-acting spring devices that permit wheels to trail through switches set for the opposite route, may be used with the approval of the MassDOT Rail and Transit Division.

(3) Approved type of new installation switch stands (unless approved by MassDOT Rail and Transit Division), are: Racor Model 36EH (High Mast) for mainlines and Racor Model 36E for yards.

(4) Manual operated mechanisms shall use the “back saver” and/or “triangular hand level” handles for new installations.

§200.2(STM) Installation of Switch Stands

(a) Manually operated switch stands shall be placed so that the operating rod is in tension when the switch is set in normal position.

(b) Whenever possible, the switch stand handle shall be positioned facing the frog when the switch is in the normal position.

(c) Where crossover switches are protected by signals, a switch locking arrangement shall be provided.

(d) Switch stands for all tracks shall be located to serve the safety and efficiency of employees.

§205.0(STM) SWITCH POINT POSITION INDICATORS (TARGETS)

§205.1(STM) General

(a) Where required, indicators shall be provided on all non-interlocked switches to give a clear and distinct indication of the position of the switch points

(b) Switch point targets shall be reflectorized. The height of the centerline of the target shall not exceed 20" above the track ties. Targets higher than this are called “high targets.”

(c) Generally, high targets with the EH36 high stand are used on all main track.

(d) Generally, low targets are used in yards and at locations on main tracks where clearance precludes the use of a high stand.

§205.2(STM) Installation of Position Indicators

Targets shall be set at right angles to the track and perpendicular to the headblock ties.

§205.3(STM) Maintenance

Switch targets should be kept clean to provide uniform brightness and visibility.

§205.4(STM) Position Indication

(a) In order to give a clear and distinct indication of the position of non-interlocked switch points, colored targets shall be provided, in addition to the switch stands.

(b) Target colors are given in the Northeast Operating Rule Advisory Committee (NORAC) Rule Book (Rule 104H).

(1) Where switch targets are used, a green or white banner indicates normal position of the switch, and a red or yellow banner indicates reverse position.

(2) Green and white banners are used on main tracks, and red and yellow banners are used on other than main tracks and yards.

§205.5(STM) Distance from Rail for Switch Stands and Switch Point Targets

(a) Switch stands, not between tracks, must be placed so that the distance from the gage of the nearest rail to the center of the spindle with a low mast is 4'-1" and with a high mast is 7'-0".

(b) Low target masts placed between tracks must be installed as follows:

Track Center Distance (at least)	Minimum Distance From Gage of Nearest Rail to Center of Spindle
12'-2" but less than 13'	3'-8-3/4"
13' or greater	4'-1

(c) All powered switch machines shall be installed as per Signal Department Instructions.

§210.0(STM) SWITCH STAND MAINTENANCE

(a) Switches, switch stands, and operating rods must be examined frequently. Broken, damaged, or missing parts shall be replaced immediately.

(b) Regular inspection shall be in accordance with FRA §213.233, and if necessary, corrective action must be taken immediately.

(c) Worn switch latches must be replaced before the wear is sufficient to permit the switch lever to be thrown without manually releasing the latch (keeper).

(d) Special attention should be taken to ensure that the cotter pin is maintained at the clevis location at the base of the switch stand and at the connection to the No. 1 rod (FRA §213.135).

§220.0(STM) SWITCH LOCKS

(a) At all main track switches, throw levers of switch stands, shall be secured by two latches (for normal and reverse positions), and locked by a standard switch lock. The lock is to be fastened by a chain to the switch stand, or tie, so that the switch can only be locked in the normal position.

(b) The throw levers of switch stands in other than main or secondary track, shall be provided with latches, but shall be provided with padlocks only when required.

(c) The standard switch lock used by the Operating Railroad Company is to be approved by MassDOT Rail and Transit Division.

(d) Recommended operating and cleaning procedures for switch locks are:

(1) Unlock the padlock and open the shackle to soak and wash the lock thoroughly in the recommended cleaner (LPS Instant Super Cleaner/Degreaser) or equivalent. This will remove any oil, grease, and their foreign matter from the

area of the locking balls. If feasible, use of an ultrasonic cleaning tank is advised. This type of device produces superior results.

(2) If cleaning by hand, use a squirt bottle to force the cleaning solution into the locking ball cavities. This will complete the cleaning and flushing of the locking ball area.

(3) Do not oil, grease, or graphite the lock. Lubricate only with a light, non-grease substance, such as LPS #1 Greaseless Lubricant.

§300.0(STM) DERAILS

§300.1(STM) Position of Derails

The "normal" position of a derail shall be to derail wheels of rolling equipment away from the main track or structure. The "reverse" position shall permit the unobstructed movement of equipment.

§300.2(STM) Use of Derails

(a) Derails shall be used on all tracks.

(b) Selection of derail type:

(1) A **double switch point derail** will be used at the following locations:

(i) Where the track on which the derail is to be placed descends towards the main track requiring protection.

(ii) On all tracks, even if descending away from the main track, if any portion of that track is higher in elevation than the track at the derail location.

(iii) Where the industry moves rail cars using on or off track equipment or by gravity or with a car puller.

(iv) On tracks used for loading, unloading, or storage of cars containing hazardous (hazmat) materials as defined in the U.S. Hazardous Material Instructions for Rail.

(v) Where operating conditions demand positive derailing protection.

(2) A **sliding rail** may be used where track on which the derail is to be placed is level or descends away from the main track requiring protection.

(3) A **hinge derail** may be used in yard areas where a derail operating stand would adversely impact the normal walking path.

(4) A **portable derail** is used to provide protection to personnel working on or about a track to make work limits inaccessible (see RWP Rules for Operating Railroad Company), or to protect equipment stored temporarily on a track not normally used for storage.

§300.3(STM) Types of Derails

(a) Derails are generally of three kinds: the "split switch," the "sliding block," and the "hinged block" type.

(b) Where derails are prescribed, the split switch type shall be used on side tracks or industrial tracks as follows:

(1) At all locations where the side track or industrial track is on a descending grade to the main track.

(2) Within interlocking limits, in main tracks, in secondary tracks, and as designated by the MassDOT Rail and Transit Division.

(3) In tracks where it is possible for the speed of rolling equipment to exceed 15 MPH.

(c) Approved sliding block type derails shall be used in other than main tracks with speeds less than 15 MPH at other locations than those given in Paragraph (b) above.

(d) Hinged block derails are usually used in yard limits or in conjunction with Roadway Worker Protection (RWP) practices.

§300.4(STM) Installation of Derails

(a) A derail shall be placed a sufficient distance back of the clearance point, not less than 12', to ensure that derailed rolling equipment will not foul the main or other protected track.

(b) When using single point split switch derails, a deflecting rail must be used.

(c) Where deflecting rails are used:

  (1) The minimum length shall be 18'.

  (2) The nearest end shall be 10' from the derail.

  (3) The flangeway opening at the end nearest to the derail shall be 4".

  (4) The end farthest from the derail shall be set to provide a 12" clear opening between running rail opposite the derail and the deflecting rail.

  (5) The deflecting rail shall be of a section and weight that is not greater than that of the running rails, and, preferably less.

  (6) The deflecting rail should be spiked to every tie with two rail holding spikes, one on each side of the rail base.

  (7) Deflecting rails shall be fully anchored or otherwise secured to ensure that they do not move longitudinally.

  (8) Derails are to be installed in accordance with manufacturer's recommendations.

  (9) Existing installations of derails need not be changed to meet these provisions until renewals are necessary, or unless so ordered by the MassDOT Rail and Transit Division.

§300.5(STM) Operation of Derails

(a) Lever stands of approved types may be used for operating derails. Where practicable, the distance from the center line of the lever stand spindle to the gage of the nearest rail shall be at least 50".

(b) Derails shall be provided with standard switch padlocks fastened to the tie by a chain and staple, so that the lever or derail can be locked only in the normal position.

§300.6(STM) Maintenance of Derails

(a) Sliding block or hinged block derails shall be painted yellow.

(b) Dirt and weeds must be kept away from derails.

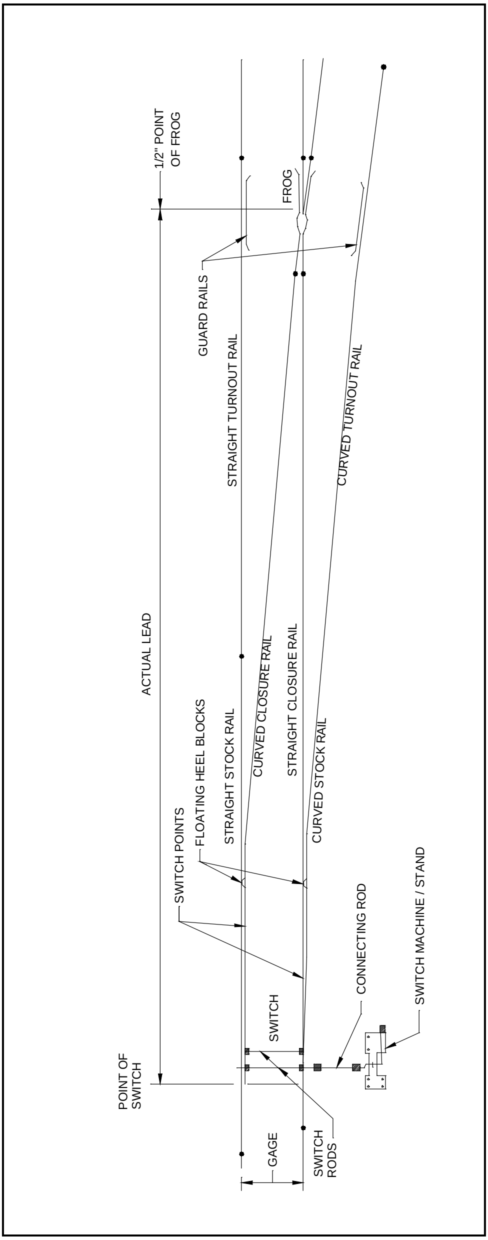
(c) Ballast, snow, and ice must be kept away from derails.

Subpart I – Schematics / Photographs

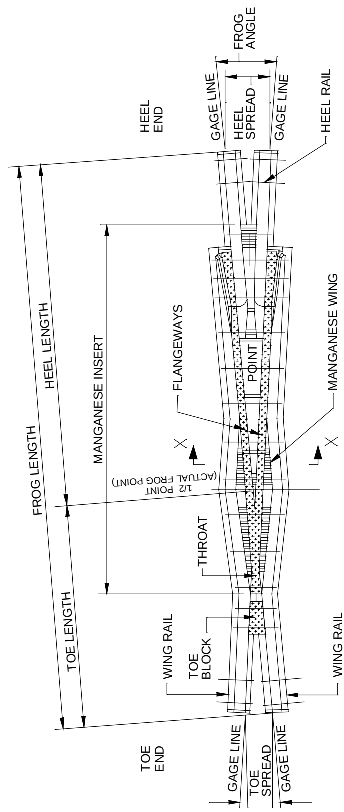
(a) Schematics and photos of trackwork are provided in the MW-1 to illustrate the name, location, and general arrangement of trackwork types and major components.

(b) Trackwork types and components are shown below in photos and drawings and include:

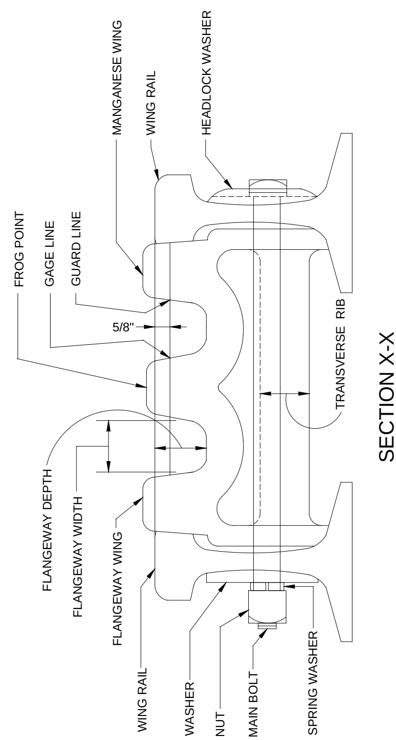
1. Conventional Turnouts
2a. Railbound Manganese Frog (RBM)
2b. Railbound Manganese Frog – Section X-X
3a. Self-Guarded Manganese Frog
3b Self-Guarded Frog – Section Y-Y
4a. Spring Frog Arrangement
4b. Spring Frog Details
5a. Guard Rail - Hook Flange Type
5b. Guard Rail - Hook Flange Type – Section A-A
6a. Hinged Derail
6b. Sliding Block Derail
6c. Double Switch Point Derail
7a. Switch Stand Type 36
7b. Switch Stand Type 36
8a. Western-Cullen Type Bumping Post
8b. High Energy Hydraulic Bumping Post



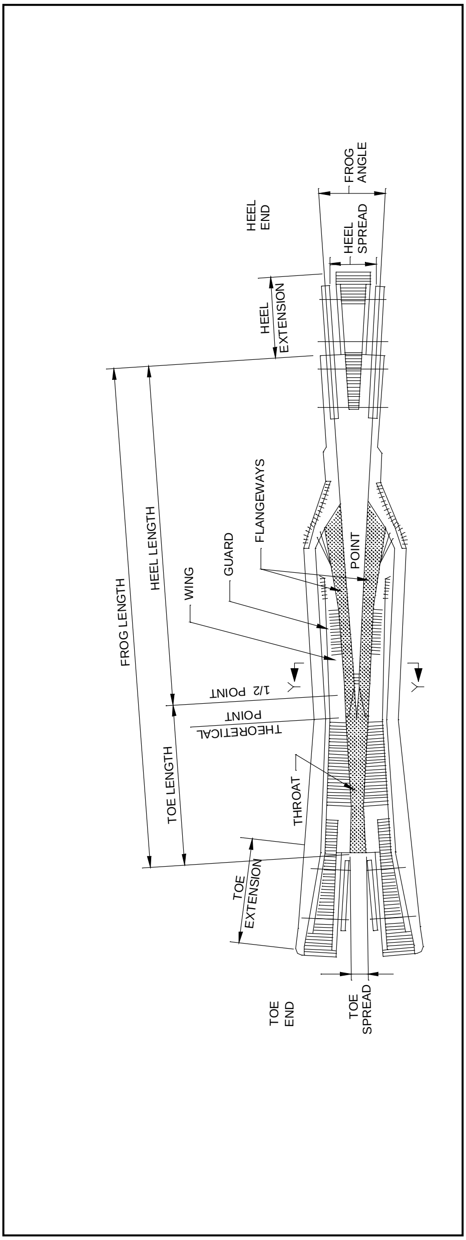
1. Conventional Turnout



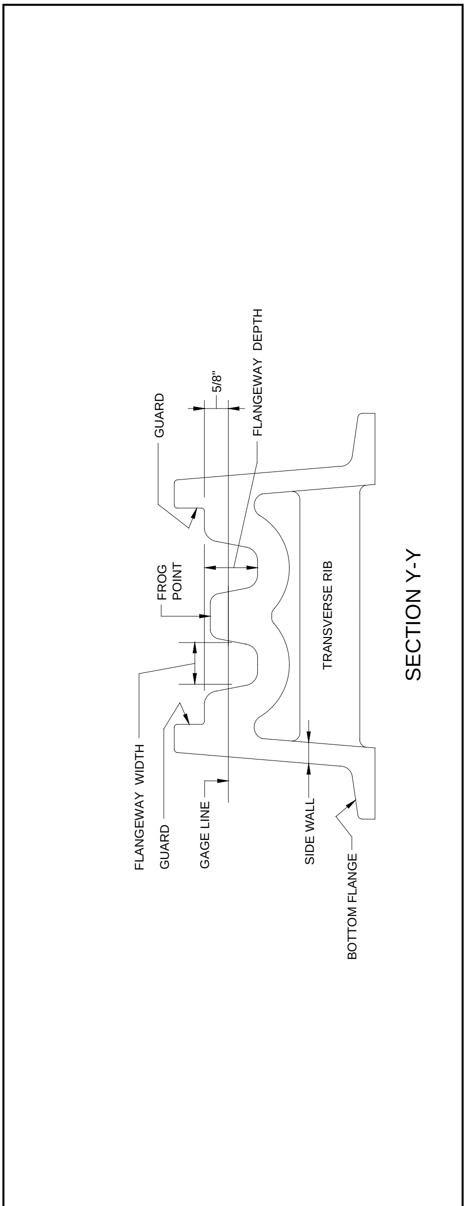
2a. Railbound Manganese Frog (RBM)



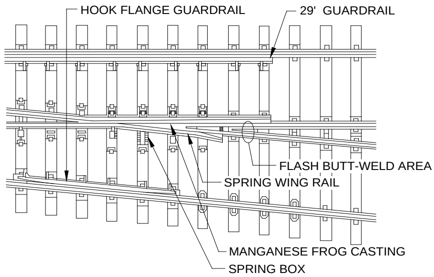
2b. Railbound Manganese Frog – Section X-X



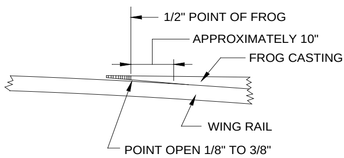
3a. Self-Guarded Manganese Frog



3b. Self-Guarded Frog – Section Y-Y



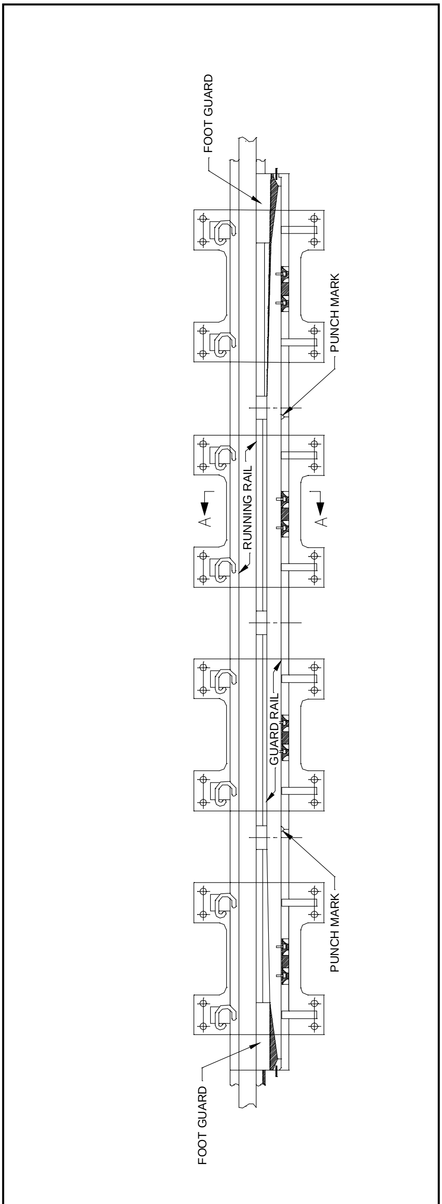
MANGANESE SPRING FR0G LAYOUT



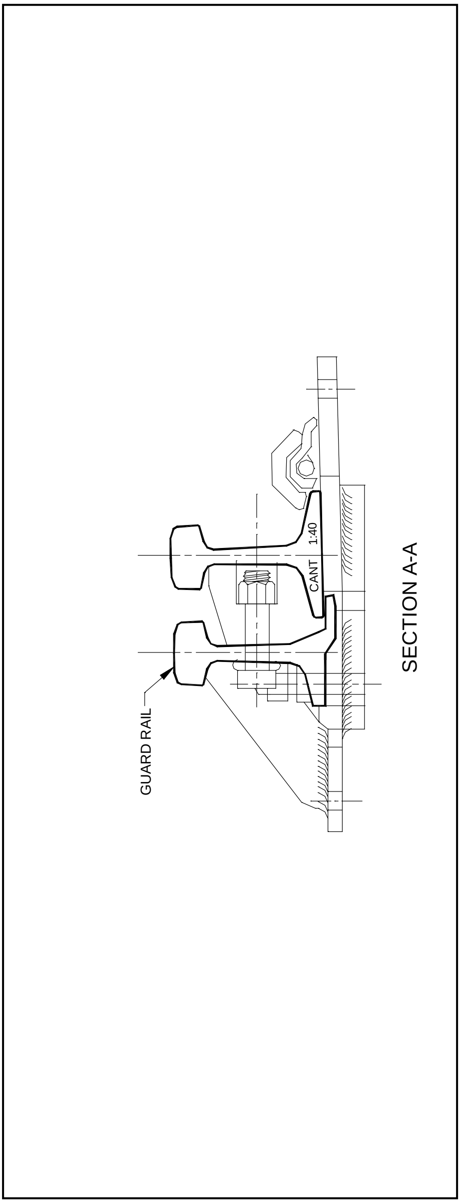
DETAIL OF SPRING FROG POINT AREA

4a. Spring Frog Arrangement

4b. Spring Frog Details



5a. Guard Rail – Hook Flange Type



5b. Guard Rail – Hook Flange Type – Section A-A

6a. Hinged Derail

6b. Sliding Block Derail

6c. Double Switch Point Derail

7a. Switch Stand Type 36

7b. Switch Stand Type 36

8a. Western-Cullen Type Bumping Post

8b. High Energy Hydraulic Bumping Post

APPENDIX A

CONTINUOUS WELDED RAIL (CWR) PROCEDURES

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Attachments

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APPENDIX A

MINIMUM RECOMMENDED REQUIREMENTS TO BE INCLUDED IN THE OPERATING RAILROAD'S CWR PLAN CONTENTS AS PER FRA 213.118 & 213.119

1.0 APPLICABILITY

The installation, adjustment, maintenance and inspection of continuous welded rail (CWR) shall be performed in accordance with FRA Part 213, Track Safety Standard's §213.118 and §213.119. As such, the requirements herein are based on the FRA/Rail Safety Advisory Committee (RSAC) Generic Policy document provided to the U.S. railroads as a part of the October 2009 enacted FRA safety rule and are based on current best practice guidelines on CWR in providing minimum requirements on CWR.

These MassDOT procedures are aimed to aid and assist the Railroad Operating Companies to maintain MassDOT-owned tracks in a safe and efficient manner. Performing CWR installation, maintenance, adjustment and inspection in accordance with the provisions and requirements stipulated herein will meet the expectations of the Commonwealth and provide uniform practice between the different properties of the Railroad Operating Companies.

This document details MassDOT's policy on installing, adjusting, maintaining, and inspecting CWR track. Each section details how the individual MassDOT rail operator applies its standards and procedures to comply with FRA standards.

1.1 INTRODUCTION

(a) Continuous Welded Rail (CWR) is defined as any rail that contains no joints in 400' or greater in length. This document will serve as the recommended practice for the installation, adjustment, maintenance, and inspection of CWR. Rail that is installed as CWR and subsequently has additional joints installed within the limits of the rail will still be considered as CWR, and subject to the requirements of this document. Track laid with CWR is referred to as "CWR Track." Any employee who installs, adjusts, maintains and inspects CWR must have a copy of their approved FRA Plan (§213.118 and 213.119).

(b) If the Operating Railroad cannot comply with the minimum recommended requirements found in Appendix A, they shall immediately notify MassDOT Rail and Transit Division.

(c) Preparation and care:

   (1) **Programmed tie renewals shall be completed in advance of rail laying.**

   (2) **Track shall be surfaced and aligned prior to CWR installation.**

   (3) Track to be laid with CWR must have standard ballast section (shoulders and cribs) for welded rail before CWR is installed.

   (4) Rails should be examined for defects and damage prior to laying in track.

   (5) At the time of installation, care should be taken so that no damage to rail or fastenings will result.

   (6) All ties, to include loose ties, should be tamped to full bearing under the rail, with a small tamper, during rail laying operations ahead of the spiker.

2.0 FABRICATION AND DISTRIBUTION

(a) Unloading:

(1) CWR should be unloaded as close as possible to the position where it is to be installed with a minimum of further handling, giving special attention to accurately locating the ends of CWR.

(2) CWR should be placed parallel with the track and base down, avoiding excessive bending or damage, making use of suitable mechanical equipment when available. Care should be taken to avoid placing rails on drainage facilities and other civil structures.

(3) CWR ends must be bypassed.

(b) Use of CWR on MassDOT Rail and Transit Division owned lines:

(1) CWR fabricated by an approved process may be laid without restriction in fully ballasted main and secondary tracks. When welded rail is laid on curves, particularly those sharper than 6 degrees, it must be closely monitored for any indication of movement up out of the plates.

(2) CWR may be laid across open deck bridges where bridge ties are spaced with timber blocks between ties provided that the following conditions are satisfied:

(i) The anchoring of open deck bridges shall be approved by the Operating Railroad's Bridge Engineer.

(ii) Per MBTA Standard Plan, all ties and blocks in a panel are tightly jacked and fastened together with guard timbers or spacing bars secured by lag screws in every tie. See latest MBTA Standard Plan.

(iii) Per MBTA Standard Plan, bridge ties are securely fastened to steel structure by means of a hook bolts, tie anchors, or other approved holding device. See latest MBTA Standard Plan.

(iv) The bridge structure is properly anchored to abutments and piers to prevent any movement other than normal expansion.

(v) CWR is anchored to the bridge ties in both directions in accordance with Section 4.0 of this document.

(3) After application of hook bolts, tie anchors or other approved holding devices, these devices must be checked and retightened weekly until ties have been fully seated on top flanges of built up members.

3.0 INSTALLATION AND ADJUSTMENT OF CWR

(a) Definitions:

(1) Neutral Temperature: The rail neutral temperature (RNT) is the temperature at which a rail is neither in tension or compression (i.e., when it has zero longitudinal force).

(2) The Rail Laying Temperature (RLT): The temperature at which the rail is installed that is sufficiently high so as to provide a high RNT to prevent possible track buckling.

(i) CWR on MassDOT Rail and Transit Division owned lines shall be installed at an RLT of 105°F with an allowable construction tolerance of -10°F to +10°F or 95°F to 115°F. **The target RLT shall be at least 105°F**.

(ii) When laying and/or distressing rail, the required minimum expansion shall be determined by using a target RLT of at least 105°F (see Section 3.0 and Attachment "B").

(iii) When repairing a service failure to include broken joint bars, pulled apart joints, a broken rail, a broken weld (shop or field), the replacement of a plug rail or a rail cut in the field, the repair shall be made to ensure that the RNT after the repair is made is at or above RLT-10°F (95°F) (see Attachments A and C).

(3) Temperature Differential: The difference between the target rail laying temperature and the actual rail temperature taken at the time of installation is called the temperature differential (TD).

(i) CWR laying and adjusting procedures have been established to take into account these temperature differences.

(ii) If the rail temperature is below desired RNT of 105°F, the rail must be expanded to the target RLT of at least 105°F.

(iii) The rail expansion required is marked at the quarter points in the field on the string to be expanded.

(iv) RNT is achieved when the correct expansion amounts have been realized at the quarter points.

(v) RNT is not achieved when the required rail temperature of 105°F has been reached unless the required expansion has been realized.

(b) Installation of CWR:

(1) Programmed tie renewals shall be completed in advance of rail laying.

(2) Track shall be placed in good line and surface prior to rail renewals.

(3) Track to be laid with CWR must have standard ballast section for welded rail before installation of CWR.

(4) Rails should be examined for defects and damage prior to laying in track.

(5) At the time of installation, care should be taken so that no damage to rail or fastenings will result.

(6) All ties, to include loose ties, should be tamped with a small tamper to full bearing under the rail, during rail laying operations ahead of the spiker.

(7) Any alignment deviation reduces the temperature at which a track will buckle. As an example, an alinement deviation of about 1" may reduce the buckling temperature from 10 – 15 °F°**.** In addition, an alignment deviation from a Class 5 line defect to a Class 3 line defect (1" to 1 1/8") may reduce the buckling potential by 15 - 20°F, depending on track parameters and conditions."

(8) **The target RLT and RNT is at least 105°F unless approved by the MassDOT Rail and Transit Division.**

(9) CWR shall be anchored or have resilient fasteners applied ("clipped") at a rail temperature of between 95°F and 115°F, unless otherwise directed by MassDOT Rail and Transit Division. This is known as the "Desired Rail Installation Temperature Range."

(10) An approved rail thermometer (magnetic) shall be used to measure the rail temperature of all CWR before it is anchored or clipped. The thermometer should be placed on the web of rail just above the bottom fillet, on the side of the rail that is shielded from the direct rays of the sun and left there long enough (5 minutes) to determine the temperature accurately.

(11) When the rail temperature is lower than the target RNT of 105°F an approved rail heating device or a hydraulic rail stretcher must be used for expanding the CWR to make proper adjustment.

(12) A rail puller can be used to hold the required expansion, and/or to help get the required expansion. At least 20 ties on the next string to be distressed shall be

box anchored and/or clipped to provide sufficient holding power for the rail puller to hold or pull the string being expanded.

(13) Where CWR has been anchored and/or clipped at a rail temperature below 105°F- 10°F (RLT -10°F) and not expanded to the target RNT of 105°F during the rail laying operation, the rail shall be inspected by a person qualified on §213.7(a)(b)(c)(d). A TSR shall be placed, if necessary, and then removed when the rail is expanded to a target RNT of 105°F.

(14) If the CWR is anchored and/or clipped at a rail temperature greater than 115°F (RLT +10°F), up to and including 125°F, the rail may remain in track without restriction.

(15) The following information shall be recorded on the field side web of the individual string (with permanent metal marker) as the strings are being laid:

(i) String number

(ii) Date installed or adjusted or distressed

(iii) Length of string in feet

(iv) Existing rail temperature/preferred rail neutral temperature

(v) Total expansion required at end of string (if appropriate)

(16) The person in charge of installing the CWR shall be responsible for recording on the appropriate Form (“CWR Rail Expansion/Heat Record Report”) the amount of required expansion and the rail temperature at each CWR string is anchored. Copies of these forms should be forwarded to MassDOT Rail and Transit Division. See Appendix “E”, Form “RC”.

(17) The “CWR Rail Expansion/Heat Record Report(s)” for any CWR laid in track and or distressed shall be retained by the Railroad Operating Companies until the CWR is readjusted and/or removed from service.

(c) Adjustment/Distressing:

(1) The target RNT is always 105° or greater. When the rail temperature is lower than the target RNT of 105°F an approved rail heating device, a hydraulic rail stretcher or heating by natural means or the ambient temperature shall be used to expand the CWR at its quarter points to achieve proper adjustment.

(2) Adjusting CWR strings to increase RNT by natural means or by using the ambient temperature is allowed only if the unadjusted rail temperature falls in the Desired Rail Installation Temperature Range of RLT -10°F to +10°F or 95°F to 115°F.

(3) All rail anchors and/or resilient fasteners must be removed from strings of CWR requiring adjustment to permit the desired expansion or contraction at the quarter points of the CWR string.

(4) The anchor and/or clip removal should start at the end of the string at the last quarter point to be expanded and move back towards the ¼ point or beginning of the string to be expanded. This is especially important if the rail to be expanded is in compression.

(5) .With conventional cut spikes and plates, an approved mechanical vibratory device may be used to free the rail. Additionally, rail holding spikes shall be pulled if restraining rail movement.

(6) With elastic fasteners and rolled plates, it may be necessary to pick the rail up out of the plates and set on spikes and/or rollers about every 20th tie so as to permit the unrestrained movement of the CWR when being expanded. Again, this process should start from the last quarter point to be expanded and proceed

back towards the ¼ point or beginning of the string to be expanded. This is especially important if the rail to be expanded is in compression.

(7) The rail head must not be struck with a hammer at any time; to include expanding the rail.

(8) CWR should be heated and vibrated so that expansion is introduced from one end of each string to the other end in the direction of rail laying.

(9) All rail anchors or resilient fasteners must be re-applied immediately after the CWR string has achieved proper expansion at the quarter points based upon the target RNT of at least 105°.

(10) The number of inches each CWR string should be expanded during the rail laying operation may be determined by calculation according to the following formula:

$$A = 0.000078 \times (T_D - T_E) \times L$$

where:

A = the amount (inches) of length a CWR string must be increased or decreased to reach the target rail laying or rail neutral temperature

T_E = the existing rail temperature of the CWR before the heating process has begun

T_D = the target neutral temperature or rail laying temperature (105°F) of the CWR at the end of the heating process

L = the length of the CWR in feet

Example: How much expansion is required to adjust the length of a 1,450 ft. CWR string, anchored at a rail temperature of 50°F to the target rail laying/rail neutral temperature of 105°F? Subtract 50°F from 105°F to obtain a difference of 55°F and then multiply as follows:

0.000078 x 1,450 x (105 – 50) = 0.000078 x 1,450 x 55 = 6.22 inches.

Say 6.25 inches

Or use “Change In Rail Length Due To Change In Rail Temperature” Table on the back of Form “RC”, “Report of Rail Clipping/Anchoring” found in Attachment E.

(11) A space equal to the amount of expansion required for each string of CWR should be provided between the far end of the string being expanded and the near end of the next adjacent string.

(12) The clipping or anchoring operation shall consist of sufficient personnel so that the work will progress closely enough behind the heating and/or pulling process so that the string is held in place, and no loss of expansion occurs.

(13) Quarter points should be marked on the rail and the tie plate, so that the amount of expansion can be accurately determined. The tie plate used for marking as a reference point must be one that is either doweled or has been spiked, or screw lagged; so that it will not move as the rail expands. Particular attention must be

paid to insure that the rail does not bind on tie plates, spikes or other obstructions.

(14) Heating should commence at the beginning of the first CWR string and steadily applied while moving forward until the required expansion has been obtained at the end of the string. Uniformity of expansion is to be controlled by marking each quarter of the string and introducing expansion as follows:

¼ point - ¼ of total expansion
½ point - ½ of total expansion
¾ point - ¾ of total expansion
End of the string – 100% of total expansion

(15) If when heating, the heated CWR string does not have the required expansion at each quarter point, the heater will back over the heated portion, without applying heat, and then reheat the rail until the necessary expansion is obtained.

(16) During and subsequent to heating, resilient fasteners or anchors shall be applied to the patterns specified in Section 4.0 to prevent the rail from losing expansion. If resilient fasteners fail to hold expansion, rail anchors in the pattern of the following paragraph shall be applied.

(17) Rail anchors and/or clips may be used to control and maintain the expansion realized in a string of CWR while the rail string is being anchored and/or clipped in its entirety. A minimum of 20 consecutive ties shall be solid box anchored and/or clipped at the fully expanded end of the string , to hold the expansion while applying all other anchors and or clips as required.

(18) A rail puller can be used to hold the required expansion and/or to help get the required expansion. At least 20 ties on the next string ahead of the string being distressed shall be box anchored and/or clipped to provide sufficient holding power for the rail puller to hold or pull the string being expanded.

(19) The entire CWR string is to be anchored and/or clipped in accordance with Section 4.0 “Anchoring of CWR” before the track is returned to service and trains are permitted to operate.

(20) An approved rail thermometer (magnetic) shall be used to measure the rail temperature of all CWR before it is anchored or clipped. The thermometer should be placed on the web of rail just above the bottom fillet, on the side of the rail that is shielded from the direct rays of the sun and left there long enough (5 minutes) to determine the temperature accurately.

(21) Where CWR has been anchored and/or clipped at a rail temperature below 95°F (RLT -10°F) and not expanded to the target RNT of 105°F during the rail laying operation, the rail shall be inspected by a person qualified on §213.7(a)(b)(c)(d). A TSR shall be placed, if necessary, and the removed when the rail is expanded to at least 95°F (RLT -10°F).

(22) If the CWR is anchored and/or clipped at a temperature greater than 115°F (RLT +10°F), up to and including 125°F, the rail may remain in track without restriction.

(23) If the CWR is anchored and/or clipped at a temperature greater than 125°F, the rail may remain in track without restriction with the permission of the MassDOT Rail and Transit Division.

(24) The following information shall be recorded on the field side web of the individual string (with permanent metal marker) as the strings are being laid:

(i) String number

(ii) Date installed or adjusted or distressed

(iii) Length of string in feet

(iv) Existing rail temperature/preferred RNT

(v) Total expansion required at end of string (if appropriate)

(25) The person in charge of installing the CWR shall be responsible for recording on the appropriate Form ("CWR Rail Expansion/Heat Record Report") the rail temperature for which each CWR string is anchored. Copies of these forms should be forwarded to MassDOT Rail and Transit Division. See Appendix "E", Form "RC".

(26) The "CWR Rail Expansion/Heat Record Report(s)" for any CWR laid in track and or distressed shall be retained by the Railroad Operating Companies until the CWR is readjusted and/or **removed from service.**

4.0 ANCHORING OF CWR

(a) CWR Rail Anchoring Requirements: The following anchoring requirements apply to all CWR tracks.

(1) Existing anchor patterns may remain in place until CWR is installed.

(2) Where the anchoring function is otherwise provided, such as with a resilient fastener, rail anchors may be omitted.

(3) Anchors may not be applied where they will interfere with signal or other track appliances or where they are inaccessible for adjustment or inspection.

(4) Anchoring must effectively restrain the longitudinal rail movement.

(5) Rail must be adjusted and/or anchors must be added to rail that is moving, or where the existing anchors do not have effective holding power to restrain longitudinal movement.

(6) Anchor pattern may be varied, if possible, to avoid placing anchors against deteriorated ties.

(7) When a crosstie has four properly installed resilient fasteners, or four properly installed rail anchors, it will be considered to be fully box anchored tie.

(b) When laying or distressing welded rail, rail anchors are used to maintain the desired expansion and length of CWR strings. Crossties shall be fully box anchored in accordance with the following:

(1) Every Tie:

(i) Curves 3° and over

(ii) Through all rails of turnouts and crossovers, where practicable

(iii) For 195' in each direction from:

a. Main track turnouts and crossovers
b. Track crossings (diamonds)
c. Highway grade crossings
d. On the fixed side of expansion joints
e. On the approaches to open deck bridges
f. On both sides of all insulated joints (bonded and/or non-bonded)
g. On both sides of hot box, dragging equipment and wheel impact load detectors
h. Before bumping posts

(2) Every Other Tie:

(i) Through the remainder of CWR strings where full boxing is not specified above.

(3) Bridge Anchor Patterns:

(i) Ballast deck bridges should be anchored with the same pattern as the rail on each approach to the bridge.

(ii) Open deck bridges should be anchored according to the following table or as approved by the MassDOT Rail and Transit Division:

Length of Continuous Open Deck Portion (ft.)**	**Individual Span Length (ft.)**	**Rail Anchor Requirements**	**Sliding Joint Requirements**
100 ft. or less	All spans	Every 3rd or 4th tie. See §111.0(M) Bridge Timbers*	None required
Greater than 100 ft.	100 ft. or less	Every 3rd or 4th tie. See §111.0(M) Bridge Timbers*	None required
	Greater than 100 ft.	Every 3rd or 4th tie. See §111.0(M) Bridge Timbers*	As per requirements of MassDOT Rail and Transit Division

* Box anchors are to be applied only to ties that are hook bolted to the span.
**See MBTA Book of Standard Plans Drawing Nos. 1232 and 1236.

(4) Other Anchor Patterns:

(a) Under pavement off the ends of grade crossing panels.

(b) Under grade crossing surfaces as per crossing surface manufacturer.

(c) In areas adjacent to the expansion side of expansion joints as authorized and approved by MassDOT Rail and Transit Division.

(c) Anchor Requirements After Making Rail Repairs in CWR and Adding Joints:

(1) When repairs are made to stripped joint or failed bar on CWR that already exists in track, the adjustment or addition of anchors will be as prescribed below:

Condition	Action
Bolted joint in CWR experiencing a service failure (pull-apart) or failed bar(s) with gap* present (FRA §213.119(c)(3)	Weld Joint, **OR** Remediate Joint conditions **and** replace four (4) bolts (new, in-kind or stronger) **and** weld joint within 30 days, **OR** Replace broken bar(s), install 2 additional bolts (6 total) and adjust anchors (ballast permitting), **OR** Replace bars, bolts (if broken or missing) and anchor every tie for 195' in both directions (ballast permitting) **OR** Add rail and make out Form "TD" and make future repairs
* Gap exists if it cannot be closed with a drift pin.	

5.0 MAINTENANCE OF THE DESIRED RAIL NEUTRAL TEMPERATURE IN PREVIOUSLY INSTALLED CWR

(a) **Maintaining Desired Neutral Temperature Range: Broken or Defective Rail, Pull-Apart (Service Failures) And/or Tight Rail or Track Buckle**

(1) This section addresses repairs for broken or defective rail, and corrections made for tight rail, track buckle or pull-apart.

(2) Also see Attachments A, B, and C.

(3) When performing this work, care shall be taken not to add rail to the track.

(4) In general, if a length of rail is installed in CWR, it should have a length less than the rail removed and/or not exceed the length of rail removed (DO NOT ADD RAIL).

(5) Before joint bars are removed and/or a rail is cut, reference marks shall be added at tie plates and on the base of the rail. Reference marks can be used to determine how much the joint opens, or how much rail is cut out (if rail is in compression) or how much rail is added.

(6) The use of reference marks includes:

- Marking the locations where the joint is to be removed or the rail is to be cut
- Marking the rail outside the limits of the joint bars
- Measuring the distance between the reference marks and mark it on the rail
- Installing the rail and re-measure the distance between reference marks
- Recording the difference and documenting the location

(7) If rail is added for any reason, such as repairing a pull-apart, making emergency repairs, fixing a service failure or any other interim repair, measure and record the amount of rail added on Form "TD" so that adjustments can be made before reaching the rail return temperature.

(8) Existing RNT shall be estimated where the rail has pulled apart, broken, or been cut for defect removal by using the appropriate charts in Attachment A.

(9) To determine the pre-break/cut RNT, record the length of the rail end gap, rail temperature, rail base size and existing rail anchorage and use tables in Attachment “A”.

(10) The estimated pre-break/cut RNT shall be recorded on Form “TD” so that additional required repairs, if any, can be tracked and done before rail return temperatures are exceeded (see Attachment C).

(11) Work performed by Railroad Operating Companies, such as rail that has pulled apart, broken, or been cut for service failures to make repairs to CWR, shall be readjusted to a preferred RLT or RNT of 105°F +/- 10°F**. The minimum RNT is 95°F** (see Section 3.0).

(12) If rail has not been adjusted before rail return temperatures exceed the values in Attachment C, then a temporary speed restriction (TSR) of 25 MPH shall be placed. A TSR of 40 MPH may be placed if a required daily inspection is made during the heat of the day, every day, **until the adjustment and permanent repair is made.**

(13) For detailed procedures on adjusting pulled apart, broken, or cut rail, refer to Attachment C.

(b) **Adjusting or Distressing Previously Installed CWR**

(1) Rail can be distressed by heating rail and/or pulling rail that has a RNT below the target RLT of 105°F. In a curve, the CWR can be distressed or the curve can be lined out. When distressing or adjusting CWR with an RNT below the target RLT of 105°F, the following is a *general* procedure:

(2) Procedure:

(i) Determine amount of rail to be distressed on either side of a cut and/or joint (up to 800’ on either side of the joint and/or cut for a total of 1,600’ maximum).

(ii) Cut rail at the end or in center of rail to be distressed (see Attachment B).

(iii) Remove anchors or clips in both directions from either side of the cut back to the distressing limit or to a fixed object or an appliance in the track (turnout or grade crossing) or structure that prevents rail movement.

(iv) Wait until rails stop moving. The rail ends may need to be misaligned to allow for expansion and then trimmed one time (if possible) to fit.

(v) Take the rail temperature.

(vi) Compare the rail temperature to the target RLT=105°F to determine the temperature differential (TD).

(vii) If the actual rail temperature is lower than the RLT of 105°F, use the Rail Expansion Table in Attachment E (Form “RC”) to determine the rail length to be removed based on the total distance the anchors or clips that have been removed.

(viii) Expand rail required amount by using ambient temperature, rail heater and/or rail puller.

(ix) Replace the rail anchors or clips.

(x) Weld the joint or apply joint bars:

- When making an orgothermite field weld, cut out required amount of rail plus the weld width allowance as specified by the weld manufacturer. **(**Typically **1”+/-)).**
- When making an electric flash butt field weld, the amount of rail to be cut is the amount determined from the rail expansion table minus the

amount of rail consumed when making the electric flash butt weld. (Typically 3/4" to 1-1/2")**.**

(3) All other provisions of Section 3.0 apply to this process.

(c) **Procedures for Making Repairs to Buckled Track**

(1) In the event of buckled track, the following conditions exist and procedures are to be used as a guideline:

(i) Since both rails are assumed to be in compression, cut both rails with a torch.

(ii) Make these torch cuts out of the displaced track zone where there may be significant compressive stress in the rails.

(iii) Torch cuts shall be at least one rail length (39'+) beyond the end of lateral track displacement.

(iv) If possible, before cutting the rail, line the track at the point of displacement in the direction of the displacement to further reduce the compressive stresses in the rail. If the displaced area is near a joint then the joint bars should be removed after lining the track.

(v) Misalign the cut and/or uncoupled rail ends, allowing the ends to bypass.

(vi) Bring the track back into correct alignment.

(vii) Both rails for some distance on either side of the point of maximum displacement and/or the point where rails were cut or the joint bars were removed are now considered to have lost their adjustment.

(viii) These rails must be readjusted and/or distressed according to this Section.

(ix) Also, see Attachment B: "Recommended Procedures for Distressing Continuous Welded Rail (CWR) Previously Laid In Track": "Reactive or Emergency Distressing".

(x) Track buckle at a fixed object:

- In those cases where the buckle occurs at a fixed object (grade crossing, turnout, etc.) the readjustment/distressing need only take place in the direction away from the fixed object,
- However, a close inspection of the track on the other side of the fixed object is required to determine if there is any evidence of rail or track movement, rail bunching, etc. which may indicate inadequate adjustment in that area and the need for additional distressing.

(xi) If the area cannot be readjusted or repaired before running a train, appropriate remedial action shall be taken:

- A Form "TD" shall be filled out so that necessary distressing work can be accomplished before return rail temperatures are exceeded (see Attachment C).
- Alignment measurements should be taken to ensure that the track meets minimum alignment requirements for the Class of Track at which the track is to be returned to service as is shown in the FRA Track Safety Standards §213.55**.**
- Rails that have been torch cut during the corrective procedure will be either cut back and/or removed from track promptly (see Attachment B).
- On MassDOT Rail and Transit Division owned rail lines, torch cut rails shall be protected by a maximum 10 MPH (F&P) temporary slow order (TSO) until the rail is cut back and/or removed from track.

(xii) New rail adjustment and rail clipping records shall be prepared on the Rail Clipping/Anchoring Form “RC” with the new adjusted temperatures when the rail in the affected area is distressed (see Attachment E).

(xiii) The original Form “TD” that was made out at the time of the incident shall be updated to indicate that all necessary repairs, to include distressing, have been made, when the permanent repairs are made.

(xiv) The Operating Railroad shall retain Form “RC” for the record for the duration of their Operating Contract and/or until the rail is removed from service. A copy of Form “RC” shall be sent to the MassDOT Rail and Transit Division.

(d) **Installing Rail Plugs in Existing CWR Track**

(1) When it is necessary to install rail plugs in existing CWR due to replacement of defective rails, defective field or plant welds, defective joints or insulated joint failures, etc., an approved heating device or hydraulic expander must be used to **assure the amount of rail installed is equal to or less than the length of rail removed. DO NOT ADD RAIL**

(2) If the work cannot be completed and a permanent repair cannot be made before running a train, appropriate remedial action shall be taken:

(i) A Form “TD” shall be filled out to document work done so that the necessary permanent repair can be accomplished before return rail temperatures are exceeded (see Attachment C).

(3) **Where necessary to install a plug rail in CWR, use at least a 14’ long plug in tangent and at least a 21’ plug in curves wherever possible.**

(4) See FRA §213.119(c)(3): If it becomes necessary to apply joint bars in CWR already laid in track, because of a service failure or a failed bar with a rail gap present:

(i) Weld the joint (The end bolt hole in each rail end must not be drilled to permit field welding);

(ii) Replace broken bar(s), replace broken bolts, adjust anchors and within 30 days, weld the joint;

(iii) Replace the broken bar(s), replace the broken bolts, install one additional bolt per rail end (six hole bar needs six bolts), and adjust anchors;

(iv) Replace the broken bar(s), replace the broken bolts, and anchor every tie 195 feet in both directions from the CWR joint.

(e) **Field Welding of CWR**

(1) When field welding joints with orgothermite welds between CWR strings that have been temperature adjusted, or field welding plugs previously installed in properly adjusted CWR track:

(i) **The necessary gap for welding will not be developed by allowing the rail gap to open up to the correct welding gap.**

(ii) The following welding practices shall be used:

- Remove the joint bar. Remove with an approved rail saw 1"+/- of rail, or as specified by weld manufacturer, to provide the required welding gap. If a “Wide Gap” field weld is to be used, the gap shall be as required by the weld manufacturer. Torch cutting of rail is prohibited. **DO NOT ADD RAIL**
- To maintain the proper weld gap apply a hydraulic expander to return the rail ends to the required gap and while holding this position,

proceed to make the weld in accordance with existing procedures. Let field weld cool to 500°F before removing expander.

- Upon completion of weld reapply anchors and/or clips before removal of the hydraulic expander.

(2) All other provisions contained in §121.1(M), "Field Welding of Rail Joints," of the MW-1 will be followed when field welding is conducted.

6.0 TRACKWORK THAT DISTURBS CWR TRACK AND THE PROTECTION OF DISTURBED TRACK

6.1 General

The following trackwork repairs are considered to disturb CWR track.

6.1.1 Trackwork that Disturbs CWR

(a) Trackwork activities discussed below are repairs and/or production work that are considered to have disturbed CWR track.

(b) **Trackwork activities that disturb CWR track** shall be inspected by a qualified person as designated in FRA §213.7(a)(b)(c).

(c) Before returning the track to service, the above designated person in (b) shall take appropriate remedial action and place a TSR as given in this Section 6.0.

(d) The designated qualified person as given in (b) shall place more restrictive TSRs and additional remedial action as conditions warrant.

6.1.2 Trackwork that Does Not Disturb CWR

(a) **Trackwork activities that do not disturb CWR track** shall be inspected by a qualified person as designated in FRA §213.7(a)(b)(c).

(b) Before returning the track to service, the above designated qualified person in (a) shall take any appropriate remedial action that that person sees fit to protect the safety of train operations.

6.2 Train Definition

(a) For the purposes of this part, a train is defined as:

(1) A locomotive and at least eight loaded ballast cars (80 ton cars each) (1,000 ton +/- consist), or

(2) A commuter train with at least five cars and a locomotive (750 ton +/- consist), or

(3) Some combination of railroad equipment that is 1,000 ton consist (including locomotive), or

(4) A ballast stabilizer that is equivalent to 50 tonnage trains (1,000 tons each) or 50,000 tons, or

(5) As approved by MassDOT Rail and Transit Division.

6.3 Work Activities that Disturbs CWR Track

(a) **Installation of Plugs in CWR that Disturbs CWR Track:**

(1) If, during the installation of a plug rail in CWR, rail has been added or RNT as determined by measurement of rail gap is less than 95°F or (RNT-10°F) see Attachments A and C and the following:

(i) Install the rail anchors reversed on field side of plug rail only until necessary permanent repairs are made; or

(ii) Spray the elastic fasteners on the gage side in orange paint until necessary permanent repairs are made.

(iii) Fill out Track Disturbance Report (Form "TD"). The amount of rail added, as well as the temperature and rail gaps of the rail at the time of the break or saw cut, **shall** be reported on Form "TD", "Record of Disturbance of Main CWR Track."

(iv) Make temporary and/or permanent repairs as given in Attachment C using tables in Attachment A as required.

(v) The track shall be inspected by a person qualified under FRA §213.7 to ensure that the track is safe for the passage of the first train.

(2) **Protective Slow Order**: See Table in Attachment C for maximum rail temperatures (°F) at which permanent repairs or readjustments shall be made and/or slow orders applied. **When these rail temperatures exceeded a TSR of no more than 25F and 25P MPH shall be placed on the track in question until repairs are made, unless inspected daily in the heat of the day, in which case the TSR can be no more than 40F and 40P MPH**

(3) Repairs shall be accomplished in accordance with Section 5.0 and Attachments C and A.

(4) Following steps (1) and (2), when permanent repairs have been made, the track will be returned to maximum authorized speed (MAS) unless additional deficiencies or defects are observed and then appropriate remedial action shall be taken in accordance with FRA Part 213.

(5) If the ambient temperature is greater than 80°F (rail temperature greater than a temperature of 110°F), no work such as installing plug rails shall be done unless it is an emergency or as directed by MassDOT Rail and Transit Division.

(b) **Tie Renewal In Tangent Track and in Curves <3° that Disturbs CWR Track:**

(1) Installing more than four ties in 39' of track with four undisturbed ties between renewed ties; or

(2) Installing four or less than four ties per 39' of track with fewer than four undisturbed ties between renewed ties.

(3) In any case no more than four ties per 39' of track (540 ties per mile) can be replaced in one pass.

(4) **When old ties are removed, and new ties and plates installed, do not lift the rail.**

(5) **When tamping ties installed, tamper should be set so that no lifting of the track occurs.**

(6) **MassDOT shall review means, methods, and equipment before ties are removed and installed.**

(7) If the ambient temperature is greater than 80°F (rail temperature greater than a temperature of 110°F), no work shall be done unless it is an emergency or as directed by MassDOT Rail and Transit Division.

(8) Ties shall not be installed at ambient temperature of less than 40°F unless approved by the MassDOT Field Representative.

(9) Fill out Track Disturbance Report (Form "TD").

(10) The track shall be inspected by a person qualified under FRA §213.7 to ensure that the track is safe for the passage of the first train.

(11) **Protective Slow Order (without stabilizer) (Ambient ≤80°F):** Not to exceed 25F and 30P MPH shall be applied for a period of 24 hours and a minimum of 12 trains over the affected track.

(12) **Protective Slow Order (with stabilizer) (Ambient ≤80°F):** Not to exceed 25F and 30P MPH shall be applied for the first train over the affected track.

(13) **Protective Slow Order (with or without stabilizer) (Ambient >80°F):** If ambient temperature >80°F and rail temperature is >110°F, a slow order of 10F and 15P shall be applied until the ambient temperature drops to 80°F. When the ambient temperature is <u><</u>80°F, the Protective Slow Order applied is described as above in (11) or (12).

(14) Following steps (11) and/or (12), (13), track will be returned to MAS unless deficiencies or defects are observed and then appropriate remedial action shall be taken in accordance with FRA Part 213.

(c) **Tie Renewal in Curves <u>></u>3° that Disturbs CWR Track:**

(1) In addition to the protective action required when installing ties in tangent track in Paragraph (b) above, if 540 ties per mile or more are installed in curves <u>></u>3° the following shall be done:

(i) The curve or curves <u>></u>3° in question shall be staked as described in Attachment E, using Form "TM," Report of Track Movement.

(ii) Movement of the curve(s) when ties are installed shall be recorded on Form "TM"; and,

(iii) If a curve greater or equal to 3° moves inward and/or outward when installing ties, the curve shall be inspected by a person qualified under FRA §213.7(a)(b)(c), and appropriate remedial action taken as conditions warrant.

(iv) If movement limits to the inside of the curve are exceeded then the RNT shall be adjusted by distressing the rail in the curve and/or lining the curve out (see Attachment B).

(2) **When old ties are removed, and new ties and plates installed, do not lift the rail.**

(3) **When tamping ties installed, tamper should be set so that no lifting of the track occurs.**

(4) **MassDOT shall review means, methods, and equipment before ties are removed and installed.**

(5) If the ambient temperature is greater than 80°F (rail temperature greater than a temperature of 110°F), no work shall be done unless it is an emergency or as directed by MassDOT Rail and Transit Division.

(6) Ties shall not be installed at ambient temperature of less than 40°F unless approved by the MassDOT Field Representative.

(7) Fill out Track Disturbance Report (Form "TD") and Report of Track Movement (Form "TM") as appropriate.

(8) **Protective Slow Order (with or without stabilizer) (Ambient <u><</u>80°F)**: Same as for Tie Renewal in Tangent Track if curve movement for curves <u>></u>3° is less than 3"as given on the table for Form "TM" (see Attachment E for table).

(9) **Protective Slow Order (without or with stabilizer) (Ambient >80°F):** If ambient temperature is >80°F and rail temperature is >110°F, a slow order of 10F and 15P MPH shall be applied until the ambient temperature drops below 80°F. When the temperature drops below 80°F, the Protective Slow Order is applied as described above in (8).

(10) **Protective Slow Order for Curve Movement (with or without stabilizer) (Ambient <u><</u>80°F)**: If a curve <u>></u>3° has movement <u>></u>3" to the inside (see Form "TM," Attachment E), a protective slow order not to exceed 25F and 30P shall be applied. In addition:

(i) The track must be inspected by a person qualified under FRA §213.7 to ensure that the track is safe for the passage of the first train.

(ii) The restriction shall remain in effect until the curve is lined out back to its original position and/or both rails are readjusted to the target neutral temperature of 105°F in accordance with Section 3.0 and Attachment B

(11) **Protective Slow Order for Curve Movement (with or without stabilizer) (Ambient >80°F)**: If a curve ≥3° has movement ≥3" to the inside (see Form "TM," Attachment E), a protective slow order not to exceed 10F and 15P shall be applied. In addition:

(i) The track must be inspected by a person qualified under FRA §213.7 to ensure that the track is safe for the passage of the first train.

(ii) The slow order of 10F and 15P MPH shall be applied until the ambient temperature drops below 80°F. When the temperature drops below 80°F, the protective slow order is applied as described above in (10); and

(iii) The restriction of 25F and 30P shall remain in effect until the curve is lined out back to its original position and/or both rails are readjusted to the target neutral temperature of 105°F in accordance with Section 3.0 and Attachment B.

(12) Following steps (7) through (11), track will be returned to MAS unless deficiencies or defects are observed and then appropriate remedial action shall be taken in accordance with FRA Part 213.

(d) **Surfacing, Smoothing and/or Lining that Disturbs CWR Track (Tangent and Curves <3°):**

(1) **The normal balancing of throws done during high speed surfacing operations does not constitute out-of-face curve realignment.**

(2) If the ambient temperature is greater than 80°F (rail temperature greater than a temperature of 110°F), no work shall be done unless it is an emergency or as directed by MassDOT Rail and Transit Division.

(3) If the ambient temperature and/or rail temperature is less than 40°F, all work will be suspended unless it is an emergency or directed by the MassDOT Field Representative.

(4) **Protective Slow Order: T**he protection of CWR Track which has been surfaced is shown in the following table, "Protection Required for CWR Track Surfaced Based on Air and Rail Temperatures."

(5) The track must be inspected by a person qualified under FRA §213.7 to ensure that the track is safe for the passage of the first train.

(6) When operating speeds change during the time a restriction (TSR) is in effect, the worked track must be re-inspected by a qualified Operating Railroad Employee each time the speed is to be raised.

(7) Whenever a dynamic stabilizer is to be used as part of a surfacing operation, it will be:

(i) Operated after each pass of the tamper; and

(ii) Both vibration units must be fully operable and the frequency of oscillation shall be in the range of 30-35 Hz, with a minimum vertical loading pressure of 870-1,000 psi and working speed shall be in the range of 1-2 MPH.

(iii) A ballast compactor may be used if approved by MassDOT Rail and Transit Division.

Protective Slow Order Required for CWR Track Surfaced
Based on Air and Rail Temperatures

Air Temperature	**Distance**	**Wood Tie Track Protection**	**Concrete Tie Track Protection**
Applies to ALL Surfacing: STOP Work			
Ambient Does Exceed 80° or the and Rail Temperature Exceeds 110°F***	All Distances	STOP Work	STOP Work
Protections to be applied for Surfacing with NO Dynamic Stabilizer			
Ambient Does Not Exceed 80° (Rail Temp <u><110</u>°F)	0 ft. to 19'-6" Over 19'-6"	None* 25F-30P MPH for 24 hours **<u>and</u>** the passage of 12 trains	None* 25F-30P MPH for 24 hours **<u>and</u>** the passage of 12 trains**
In an Emergency, Ambient Does Exceed 80° (Rail Temp >110°F)	All Distances Ambient >80°F All Distances Ambient ≤80°F	10F-15P MPH until ambient temperature ≤80°F 25F-30P MPH for 24 hours **<u>and</u>** the passage of 12 trains	10F-15P MPH until ambient temperature ≤80° 25F-30P MPH for 24 hours **<u>and</u>** the passage of 12 trains**
Protections to be applied for Surfacing USING a Dynamic Stabilizer			
Ambient Does Not Exceed 80° (Rail Temp <u><110</u>°F)	All Distances WITH the use of a Dynamic Stabilizer	10F-15P MPH for the first train 25F-30P MPH for the second train, Then Normal Speed	10F-15P MPH for the first train 25F-30P MPH for the second train, Then Normal Speed
In an Emergency, Ambient Does Exceed 80° (Rail Temp >110°F)	All Distances WITH the use of a Dynamic Stabilizer	10F-15P MPH first train 25F-30P MPH for the second train, Then not more than 40F-60P MPH for the passage for 24 hours and 12 additional trains	10F-15P MPH first train 25F-30P MPH for the second train, Then not more than 40F-60P MPH for the passage for 24 hours and 12 additional trains

* If the air temperature does exceed 80°F (rail temperature exceeds 110°F) during the 24 hours following the work then a 25F-30P MPH restriction must be placed on the worked area for 24 hours and the passage of 12 trains.

** A restriction with a speed no greater than 40F-60P MPH may be applied only if a Shoulder and Crib Compactor is used immediately after surfacing. If a restriction greater than 25F and 30P MPH is applied, the first train over the affected area must be limited to 25F and 30P MPH.

***If the air temperature exceeds 80°F and the rail temperature exceeds 110°F, there is no work permitted except in an emergency or as directed by MassDOT Rail and Transit Division.

(e) **Surfacing, Smoothing and/or Lining that Disturbs CWR Curved Track: Curves ≥3°**:

(1) **The normal balancing of throws done during high speed surfacing operations does not constitute out-of-face curve realignment.**

(2) If the ambient temperature is greater than 80°F (rail temperature greater than a temperature of 110°F), no work shall be done unless it is an emergency or as directed by MassDOT Rail and Transit Division.

(3) If the ambient temperature and/or rail temperature is less than 40°F, all work will be suspended unless it is an emergency or directed by the MassDOT Field Representative.

(4) Curves 3° or over being surfaced and aligned shall be staked to monitor movement.

(i) To stake a curve, place reference points uniformly around the curve in the track along the gage side of the high rail, starting at the tangent to spiral point (TS). As a minimum, tag and stake the following points:

- Tangent to Spiral Point (TS)
- Spiral to Curve Point (CS)
- Full Body of Curve: at least every 200'
- Curve to Spiral Point (CS)
- Spiral to Tangent Point (TS)

(ii) The reference points shall be 200' or less apart. Each reference point around the curve shall be staked on the field side of the high rail (where possible). Stakes should be set a minimum of 15' from the gage corner side of the high rail out of the way of ballast unloading and the ballast regulator wings.

(iii) The reference points are to be recorded on Form "TM," "Report of Track Movement" (see Attachment E).

(iv) Measure from the reference points to the stakes on the field side of the high rail to obtain initial values of distance between reference points and stakes before any work is conducted and record on Form "TM".

(v) The reference point to stake distances shall be re-measured immediately after the final surfacing pass by the surfacing gang. These measurements are made to determine track movement, if any, at the reference points. The measurements shall be measured and recorded on Form "TM" before track is returned to normal speed.

(vi) In addition, the track movement at the reference points should also be re-measured seven days after the work is completed.

(vii) Track movements shall be calculated and compared to the values given on Form "TM" (see Attachment E).

(5) **Protective Slow Order (any temperature):** If in surfacing and aligning a curve ≥3°, the limits of out-of-face curve realignment given in Attachment E, Form "TM", are NOT EXCEEDED:

(i) If the curve is moving outward and/or inward, inspect the curve with a person qualified under FRA §213.7(a)(b)(c), and provide protection and/or TSRs as given in Section 6(d), "Surfacing, Smoothing and/or Lining that Disturbs CWR Track (Tangent and Curves <3°)"; or

(ii) If the curve is moving outward and/or inward, inspect the curve with a person qualified under FRA §213.7(a)(b)(c), and, if conditions warrant, take remedial action ad provide more restrictive protection than required in Section (6)(d), “Surfacing, Smoothing and/or Lining that Disturbs CWR Track (Tangent and Curves <°3).”

(6) **Protective Slow Order (when curve movements in Attachment E, Form “TM”, are exceeded):** If in surfacing and aligning a curve ≥3°, the limits of out-of-face curve realignment (≥3") given in Attachment E, Form “TM” are exceeded (≥3"), proceed as follows.

(i) Fill out Form “TD” Track Disturbance Report and Form “TM” Report of Track Movement.

(ii) The track must be inspected by a person qualified under FRA §213.7 to ensure that the track is safe for the passage of the first train.

(iii) The curve will have been considered to have lost its neutral temperature and will have to be adjusted in accordance with Section 3.0, “Installation and Adjustment of CWR” and/or realigned out to original position as determined by staking.

(iv) **Protective Slow Order (Ambient ≤80°F):** Not to exceed 25F and 30P MPH until rail has been cut and RNT adjusted to 105°F and/or curve has been lined out to original position.

(v) **Protective Slow Order (Ambient >80°F):** Not to exceed 10F and 15P until:

- The ambient temperature drops below 80°F. When the temperature drops below 80°F, the protective slow order is applied as described above in (iv) above; and.
- The restriction of 25F and 30P shall remain in effect until the curve is lined out back to its original position and/or both rails are readjusted to the target neutral temperature of 105°F in accordance with Section 3.0 and Attachment B

(7) Following steps (4) through (6), the track will be returned to MAS unless deficiencies or defects are observed and then appropriate remedial action shall be taken in accordance with FRA Part 213.

(f) **Cut and Throw of Track that Disturbs CWR Track:**

(1) If the ambient temperature is greater than 80°F (rail temperature greater than a temperature of 110°F), no work shall be done unless it is an emergency or as directed by MassDOT Rail and Transit Division.

(2) When existing CWR track is cut and thrown, it will be considered to have lost its neutral temperature and will have to be adjusted in accordance with Section 3(b). **DO NOT ADD RAIL.**

(3) Fill out Track Disturbance Report (Form “TD”).

(4) The track must be inspected by a person qualified under FRA §213.7 to ensure that the track is safe for the passage of the first train.

(5) **Protective Slow Order (Ambient ≤80°F):** Not to exceed 25F and 30P MPH shall be applied until RNT is readjusted to 105°F.

(6) **Protective Slow order (Ambient >80°F):** Not to exceed 10F and 15P MPH until RNT is readjusted to 105°F.

(7) The area of cut and throw will have been considered to have lost its neutral temperature and the RNT shall be adjusted in accordance with Section 3.0, “Installation and Adjustment of CWR.”

(8) RNT adjustments shall be made before the ambient and rail temperatures reach those given in (1).

(9) Following steps (3) through (8), the track will be returned to MAS unless deficiencies or defects are observed and then appropriate remedial action shall be taken in accordance with FRA Part 213.

(g) **Switch or Track Panel Installation that Disturbs CWR Track:** When performing panel installation, the following requirements apply:

(1) Fill out Track Disturbance Report (Form "TD").

(2) Switch and track panel installation shall only be performed at ambient temperatures greater than 30°F unless it is an emergency or as directed by MassDOT Rail and Transit Division; and,

(3) If the ambient temperature is greater than 80°F (rail temperature greater than a temperature of 110°F), no work shall be done unless it is an emergency or as directed by MassDOT Rail and Transit Division.

(4) The track must be inspected by a person qualified under FRA §213.7 to ensure that the track is safe for the passage of the first train.

(5) The area of switch or track panel installation will have been considered to have lost its RNT if:

(i) Rail has been added when the switch and track panel has been installed.

(ii) This can be determined by placing match mark on the rail before the track is cut to install the switch and/or track panel and by measuring the rail gap.

(6) If RNT has been lost, the rail shall be adjusted to a target RNT of 105°F in accordance with Section 3.0, "Installation and Adjustment of CWR."

(7) If rail has been added, a protective slow order shall be placed until the adjacent CWR and RNT is adjusted. These RNT adjustments shall be made before the ambient and rail return temperatures are exceeded as given in Attachment C. These temperatures are related to the rail temperature at which the rail was cut to install the track or switch panel.

(8) **Protective Slow Order (Ambient ≤80°F) (until rail neutral temperature adjustment):** Not to exceed 25F and 30P shall be applied until the RNT adjustment work is accomplished.

(9) Protective Slow Order (Ambient >80°F) (until rail neutral adjustment): Not to exceed 10F and 15P MPH shall be applied until the RNT adjustment work is accomplished.

(10) In addition, the track panel has lost all its lateral stability and the CWR is considered disturbed until the ballast section is restored and recompacted/stabilized by machine action and/or by train traffic.

(11) **Protective Slow Order (at any ambient Temperature) (with correct RNT) (to consolidate ballast without stabilizer):** Place a protective slow order not to exceed 25F and 30P MPH will be applied after surfacing, for a period of 24 hours ***and*** a minimum of 12 trains over the affected track.

(12) **Protective Slow Order (at any ambient Temperature) (with correct RNT) (to consolidate ballast with stabilizer):** Not to exceed 25F and 30P MPH shall be placed for a period of 24 hours and a minimum of three trains over the affected track if a stabilizer has been used.

(13) Following steps (4) through (12), the track will be returned to MAS unless deficiencies or defects are observed and then appropriate remedial action shall be taken in accordance with FRA Part 213.

(h) **Undercutting that disturbs CWR track:** When performing this work, the following requirements apply:

(1) Fill out Track Disturbance Report (Form "TD").

(2) Undercutting shall not be done at an ambient temperature below 30°F and above 80°F (rail temperature greater than a temperature of 110°F) except in an emergency and as approved by MassDOT Rail and Transit Division.

(3) The track must be inspected by a person qualified under FRA §213.7 to ensure that the track is safe for the passage of the first train.

(4) When undercutting track, the neutral temperature shall be considered lost and the rail will have to be adjusted to a target RNT of 105°F in accordance with Section 3.0, "Installation and Adjustment of CWR."

(5) These RNT adjustments shall be made before the ambient and rail return temperatures are reached as given in Attachment C. These temperatures are related to the rail temperature at which the rail was undercut and the existing RNT was substantially altered.

(6) **Protective Slow Order (Ambient ≤80°F) (until rail neutral temperature adjustment):** Not to exceed 25F and 30P shall be applied until the RNT adjustment work is accomplished.

(7) **Protective Slow Order (Ambient >80°F) (until rail neutral adjustment):** Not to exceed 10F and 15P MPH shall be applied until the RNT adjustment work is accomplished.

(8) **Protective Slow Order (at any ambient Temperature) (with correct RNT) (to consolidate ballast without stabilizer):** Place a protective slow order not to exceed 25F and 30P MPH will be applied after surfacing, for a period of 24 hours ***and*** a minimum of 12 trains over the affected track.

(9) **Protective Slow Order (at any ambient Temperature) (with correct RNT) (to consolidate ballast with stabilizer):** Not to exceed 25F and 30P MPH shall be placed for a period of 24 hours and a minimum of three trains over the affected track if a stabilizer has been used.

(10) Following steps (3) through (9), the track will be returned to MAS unless deficiencies or defects are observed and then appropriate remedial action shall be taken in accordance with FRA Part 213.

(i) **Out-of-Face Shoulder Ballast Cleaning that Disturbs CWR Track:**

(1) Fill out Track Disturbance Report (Form "TD").

(2) Out-of-Face shoulder ballast cleaning shall not be done at an ambient temperature below 30°F and above 80°F (rail temperature greater than a temperature of 110°F) except in an emergency and as approved by MassDOT Rail and Transit Division.

(3) After shoulder ballast cleaning is performed, there shall be a full restoration of the standard ballast section to include cribs and shoulders.

(4) The track must be inspected by a person qualified under FRA §213.7 to ensure that the track is safe for the passage of the first train.

(5) **Protective Slow Order (with compactor and/or stabilizer) (Ambient Temperature ≤80°F):** The track may be put back at MAS provided that:

(i) The first train shall operate after out-of-face shoulder ballast cleaning at no more than 25F and 30P MPH.

(ii) The Operating Railroad person qualified under FRA §213.7 shall re-inspect the track and if no deficiencies are found; and

(iii) The track has a fully restored standard ballast section that has been treated with:

- A standard ballast compactor and/or;

- A dynamic stabilizer.

(iv) The track shall be returned to MAS.

(6) **Protective Slow Order (without compactor and/or stabilizer) (Ambient Temperature <u><</u>80°F):** If ballast compaction is not performed with a standard ballast compactor and/or a dynamic stabilizer:

(i) The track shall have a protective slow order of no more than 25F and 30P MPH for 24 hours. for a period of 24 hours ***<u>and</u>*** a minimum of 12 trains over the affected track.

(ii) The Operating Railroad person qualified under FRA §213.7 shall re-inspect the track and if no deficiencies are found;

(iii) The track speed shall be returned to MAS.

(7) **Protective Slow Order (with compactor and/or stabilizer) (Ambient >80°F):** In an emergency, if the ambient temperature exceeds 80°F (rail temperature >110°F), out-of-face shoulder ballast cleaning shall continue only if a shoulder compactor and/or dynamic stabilizer is used. A protective slow order shall be placed as follows:

(i) Wood or concrete tie track: not to exceed 25F and 30P MPH during the period the air temperature exceeds 80°F and/or until 24 hours elapses then re-inspect and return to MAS, if appropriate.

(j) **CWR Installation that is Unacceptable:**

(1) Fill out Track Disturbance Report (Form “TD”)

(2) CWR not installed in compliance with Section 3.0.

(3) A protective slow order not to exceed 25F and 30P MPH until the CWR is installed and adjusted to the target neutral temperature of 105°F as per Section 3.0.

(k) **Anchor or Clip Removal that Disturbs CWR Track:**

(1) When more than eight ties per 39’ of track have anchors or clips removed and/or missing; or,

(2) The required standard anchor pattern as in Section 4.0 does not exist, CWR track is disturbed; and

(3) Fill out Track Disturbance Report (Form “TD”)

(4) **Protective Slow Order (Ambient >80°F):** If anchor/clip replacement is not accomplished before the ambient temperature exceeds 80°F (rail temperature >110°F), a slow order not to exceed 25F and 30P MPH and shall be in effect until the proper number of anchors or clips are applied and/or re-applied in the pattern as described in Section 4.0.

(5) Install all missing anchors and/or clips.

(6) The track must be inspected by a person qualified under FRA §213.7 to ensure that the track is safe for the passage of the first train.

(7) Following steps (3) through ((6), the track will be returned to MAS unless deficiencies or defects are observed and then appropriate remedial action shall be taken in accordance with FRA Part 213.

(l) **Cribbing that Disturbs CWR Track:**

(1) Cribbing more than three ties in a row in 39'; or

(2) Cribbing four or more ties with less than four undisturbed ties between ties cribbed.

(3) In all cases no more than three successive ties or more than four ties per 39' of track can be cribbed in one pass.

(4) Track with the cribs reduced in the rail seat area for the mechanical installation of rail anchors on properly adjusted CWR does not require a slow order for improper ballast section, if this is the only ballast section deficiency and the track has not had lateral resistance reduced.

(5) If the ambient temperature is greater than 80°F (rail temperature greater than a neutral temperature of 110°F), no work shall be done unless it is an emergency or as directed by MassDOT Rail and Transit Division.

(6) Fill out Form "TD" Track Disturbance Report.

(7) The track must be inspected by a person qualified under FRA §213.7 to ensure that the track is safe for the passage of the first train.

(8) Wood or concrete tie track will be returned to service:

  (i) When all the cribs are filled with new ballast and dressed and mechanically tamped.

(9) **Protective Slow Order (at any ambient temperature):** Not to exceed 25F and 30P MPH for a period of 24 hours and the passage of 12 trains over the affected track, re-inspect and return track to MAS, as appropriate.

(10) Following steps (6) through (9), track will be returned to MAS unless deficiencies or defects are observed and then appropriate remedial action shall be taken in accordance with FRA Part 213.

6.4 Suspension of Work Due to Heat Where Ambient Temperature >80°F or Rail Temperature >110°F

(a) The following work which can reduce the stability of CWR at higher temperatures will be suspended (except under a continuous track outage) or unless there is an emergency, when air temperatures are expected to be above 80ºF (rail temperature greater than a rail temperature of 110°F):

(1) Tie Renewal

(2) Tie Renewal in Curves

(3) Surfacing, Smoothing and/or Lining

(4) Out-of-face Curve Re-aligning

(5) Cut and Throw of Track

(6) Installation of Track or Switch Panels

(7) Undercutting

(8) Out-of-Face Shoulder Ballast Cleaning

(9) Cribbing

6.5 Protection of Work Areas for Latent Heat Effects

(a) **This requirement applies for work that has been done that disturbs CWR track until seven days of traffic has been accumulated over the work area, or the period of high heat ends.**

(b) The speed restriction shall be placed by a person qualified on FRA §213.7(a)(b)(c), if appropriate, on a case-by-case basis if the air temperature is at 80ºF or above (rail temperature >110°F).

(c) Each Operating Railroad qualified employee in a work block is responsible for the protection and inspection requirements of this Section, as they relate to the work conducted under the railroad's control.

(d) In the case where a Foreman is working in an out-of-service block of track under the control of another Foreman, but at a separate location from the Foreman providing protection:

(1) This Foreman will inspect and report the findings, if any, to the Foreman in charge of the track before reporting clear of the track.

(2) This report must include any required speed restrictions and any other information that would affect the safe movement of trains.

7.0 SPECIAL INSPECTIONS OF CWR TRACK

(a) **Special Inspection in Hot Weather**

(1) When the air temperature is $\geq$95ºF or the rail temperature is $\geq$125°F, all main tracks with CWR shall be inspected by qualified Operating Railroad personnel qualified on Track Safety Standards, Part 213, §213.7(a)(b)(c) and in accordance with currently established inspection procedures, outlined in this Appendix.

(2) During periods of extreme heat, when air temperatures exceed 95ºF or the rail temperature is $\geq$125°F, the Operating Railroad qualified employee should make Special Inspections and place appropriate speed restrictions (TSR) and take remedial action, as required.

(3) Determination of Temperature: The rail temperature is the preferred temperature and is taken with an approved rail thermometer. The air temperature is as reported by the National Weather Service.

(4) Operating Railroad personnel shall make out a "Special Track Inspection Report" (see Appendix F, "Forms") for this inspection and retain a copy for the duration of the Operating Contract that can be reviewed by the MassDOT Rail and Transit Division.

(5) During this inspection, the track inspector must be particularly alert for wavy track, longitudinal rail movement, kinked joints in compression and evidence of lateral track movement. The track inspector must also be aware that the following conditions increase the possibility of buckling:

(i) Recently worked track

(ii) Fouled ballast and mud spots

(iii) Gaps in the ballast at the ends of the ties indicating tie movement

(iv) Existing deformations in line and surface

(v) Rail canting and/or lifting out of the tie plates

(vi) Shiny marks on the base of the rail indicating that the rail is sliding through the anchors and/or clips

(vii) Kinky or wavy rail

(viii) Bottom of sag curves

(ix) In areas of heavy braking and acceleration

(x) Higher degree curves

(xi) Fixed facilities (i.e., turnouts, road crossings, bridges, etc.)

(xii) Sub-standard ballast section

(xiii) Sub-standard anchor/clip pattern

(xiv) Sub-standard tie conditions

(6) If track is identified as having any conditions which indicate the possibility of buckling, remedial action must be taken immediately by Operating Railroad personnel qualified in FRA §213.7(a)(b)(c).

(b) **Special Inspection in Cold Weather**

(1) When the air temperature or the rail temperature is <u><</u>10°F, all main CWR and jointed tracks will be inspected by qualified Operating Railroad personnel in accordance with currently established inspection procedures, outlined in this Appendix.

(2) Determination of Temperature: The rail temperature is the preferred temperature and is taken with an approved rail thermometer. The air temperature is as reported by the National Weather Service.

(3) Operating Railroad personnel shall make out a “Special Track Inspection Report” (see Appendix F, “Forms”) for this inspection and retain a copy for the duration of the Operating Contract that can be reviewed by the MassDOT Rail and Transit Division.

(4) Inspectors will inspect, at a minimum, for:

(i) Broken rails

(ii) Canted rails out of the plates on curves

(iii) Bent bolts

(iv) Pull-aparts

(v) Broken welds

(vi) Wide gap between rail ends

(vii) Cracked or broken joint bars (conventional and insulated)

(viii) Curve movement to the inside

(c) **Semi-Annual Inspections**

(1) A Spring inspection, between April 1 and May 30 (before air temperature of 80°F or a rail temperature of 110°F), and a Fall inspection between October 15 and November 15, shall be made by walking or by a hy-rail on all CWR main track. This inspection shall made using the “Report of Semi-Annual Inspection of CWR Track” found in Attachment E. The Inspection shall be made by a Manager of the Operating Railroad qualified under FRA §213.7(a)(b)(c).

(2) The inspection will concentrate on compliance with standards in the following areas:

(i) Anchor pattern

(ii) Anchor position

(iii) Resilient fasteners

(iv) Tie condition

(v) Ballast condition

(vi) Ballast section

(vii) Joint condition

(viii) Evidence of longitudinal rail movement, particularly at fixed locations, such as turnouts and grade crossings and open deck bridges.

(ix) Drainage condition

(x) Overall roadbed stability

(xi) Curve movement

(xii) Alinement deviations

(3) The Operating Railroad Manager will, within 30 days from the completion of the inspection, submit inspection information to the MassDOT Rail and Transit Division. Some of the information to be included is:

(i) A report of the special inspection that identifies track inspected by number and milepost limits;

(ii) The name of the individuals inspecting;

(iii) Date inspected;

(iv) Any exceptions found; and

(v) Protective and corrective action identified.

(d) **Protection of CWR Track with Deficiencies**

(1) When making Special Inspections (Hot and Cold Weather), Bi-Annual Inspections (Spring and Fall) and/or regular scheduled inspections in CWR track, if any of the above conditions described above in this paragraph are found to exist:

(i) Remedial action shall be taken, if required, as per FRA §213.5 by an individual qualified as per FRA §213.7(a)(b)(c).

(2) It is extremely important that noted deficiencies be corrected before the air temperature is expected to be above 80°F or the rail temperature expected to be above 110°F.

(3) If deficiencies are not corrected before the air temperature is expected to be above 80°F or the rail temperature above 110°F, appropriate remedial action shall be taken as per FRA§213.5, by an individual qualified as per FRA §215.7(a)(b)(c), if warranted.

(4) Determination of Temperature: The rail temperature is the preferred temperature and is taken with an approved rail thermometer. The air temperature is as reported by the National Weather Service.

8.0 JOINTS IN CWR TRACK

8.1 New Installations of CWR

(a) Joints in CWR track when installing CWR:

(1) When a joint or joints are installed in CWR during installation of CWR, one of the following actions per FRA 213.119(c)(2) shall be undertaken within 60 days:

(i) Weld the joint;

(ii) Install additional bolts in the joint bar so that all holes (6 holes) in the bar contain a bolt; or

(iii) Fully box anchor every tie for 195' in both directions from the joint.

8.2 Service Failures in Existing Previously Installed CWR

(a) Bolted joints in existing CWR that experience a service failure:

(1) In the case of a bolted joint in CWR experiencing service failure or a failed bar with a rail gap present, within 30 days either of the following actions per FRA 213.119(c)(3) shall be taken:

(i) Weld the joint;

(ii) Replace the broken bar(s), replace the broken bolts, adjust the anchors and, within 30 days, weld the joint;

(iii) Replace the broken bar(s), replace the broken bolts, install one additional bolt per rail end, and adjust anchors.

(iv) Replace the broken bar(s), replace the broken bolts, and anchor every tie 195' in both directions from the CWR joint; or

(v) Replace the broken bar(s), replace the broken bolts, add rail with provisions for later adjustment pursuant to FRA §213.119(d)(2) and reapply anchors.

8.3 Service Failure of Joint Bars and/or Track Bolts in a CWR Joint

(a) Minimum remedial action required:

(1) In the event of:

(i) Cracked or broken joint bar or bars, and

(ii) Bent and/or broken joint bolt or bolts,

(iii) Take the appropriate minimum remedial action given below and as shown in Attachment D, “Joint Defect Guidelines/Maximum Allowable Temporary Speed Restrictions (TSRs)”.

(b) Number of bolts in rail ends required:

(1) In CWR track each rail end shall be bolted with at least two bolts at each bolted joint used to connect CWR strings, or CWR strings to conventional rail.

(2) Where either of the following conditions are found to exist, the track must be protected by the appropriate remedial action until the condition is corrected:

(i) Less than two bolts, but at least one bolt in a rail end: fix or place a TSR of no more than 10F/15P MPH until repaired.

(ii) One rail end unbolted (see Attachment D).

(3) Each joint bar must be held in position by track bolts or fasteners, and tightened sufficiently to provide support for abutting rail ends.

(4) When no-slip, or joint-to-joint rail contact exists by design; these locations are considered to be CWR track, and must meet all the requirements for CWR in this Appendix.

(c) Cracked or broken joint bars (see Attachment D):

(1) If a joint bar is cracked, broken or because of wear allows vertical movement of either rail when all bolts are tight, it shall be replaced.

(2) If a joint bar is cracked between the middle two bolt holes it shall be replaced.

(3) If between the middle two bolt holes, both joint bars are found to be cracked or one joint bar is found to be broken entirely through, trains may not be operated and the track taken out of service (see Attachment D) until the joint bars are replaced.

(4) If both joint bars are found to be broken entirely through between the middle two bolt holes, trains may not be operated and the track taken out of service (see Attachment D) until the joint bars are replaced.

(d) Opening (gap) of joints in CWR (see Attachment D):

(1) Bolted Rail Ends (Both Ends): The gap between rail ends shall be less than 1-1/2". If a joint is found to be open 1-1/2", a maximum 25F and 30P MPH temporary speed restriction shall be applied if there are two effective bolts in each rail end.

(2) Bolted Rail Ends (One End): If the gap between the rail ends is 1-1/2" but less than 2", a person designated under FRA §213.7(a)(b)(c)(d), shall visually supervise each train move. Repair the joint within 24 hours.

(3) Bolted Rail Ends (One End): If the gap between the rail ends is greater than 2" but 4" or less, a person designated under FRA §213.7(a)(b)(c)(d) shall visually supervise each train move. Repair the joint within 24 hours.

(4) Bolted Rail Ends (One End): If the gap between the rail ends is 4" or greater, the track shall be taken out of service until the joint is repaired.

8.4 Inspection of Joints In CWR Track

(a) Joints in CWR track must be inspected on foot according to §213.119. Rail joints in CWR track within turnouts, track crossings, expansion joints or lift rail assemblies need not be inspected during the walking inspection as they shall be inspected monthly in accordance with §213.235.

(b) The limits of the turnout for the purpose of this part are defined as a point 50 feet in advance of the points to the last long timber, or the heel of the frog if weave timbers are found at the heel.

(c) The limits of a track crossing, expansion joint, or lift rail assembly will be any joint within 20 ft. of the device.

(d) This inspection results shall be recorded on the Operating Railroad's Turnout Inspection Form.

(e) During walking inspections of joints in CWR particular attention must be paid to the following conditions of the joint and the track surrounding the joint:

- (1) Cracks in the joint bar
- (2) Evidence of movement of the bars in relation to the rail ends in the fishing areas ("loose" joints)
- (3) Loose, bent or missing joint bolts
- (4) Rail end batter
- (5) Rail end mismatch
- (6) Track surface, particularly hanging ties at the joint
- (7) Evidence of excessive longitudinal movement of rail noted by the displacement of rail anchors, or "polished" areas at the ends of the bars or at rail anchors or clips

(f) All requirements per FRA Part 213 applying to Gage, Track Surface, Crossties, Defective Rails, Rail End Mismatch, Rail Joints, Rail End Batter, Tie Plates, and Rail Fasteners still apply. If there is a combination of conditions that substantially increases the chance of a broken joint bar an appropriate speed restriction should be applied.

8.4.1 Embedded Joints

(a) Permanently Embedded Joints:

- (1) Where embedded joints exist, it is not necessary to disassemble or remove the track structure (e.g., remove pavement or crossing pads), to conduct an inspection of CWR joints unless there a deficiency or defect is suspected. Every effort must be made to inspect the visible portions of the joint bar and/or joint in embedded track construction.
- (2) In new construction there shall be no embedded joints without the permission of the MassDOT Rail and Transit Division.

(b) Temporarily Embedded Joints:

- (1) Joints may be embedded in a temporary crossing.
- (2) Every effort should be made to keep the joint bar visible for inspection through the use of flangeway protection such as timbers, etc.

8.4.2 Joint Inspection in CWR

(a) Each joint in CWR shall be identified by using:

- (1) Route;
- (2) Track designation;
- (3) Milepost;
- (4) Joint type;
- (5) Rail designation; or
- (6) Other information so that the joint can be identified in the field.

(b) The Operating Railroad Company will maintain a computer-based inventory of each joint and furnish a copy to MassDOT Rail and Transit Division annually. The annual report shall also include the past five years of data as developed by the Operating Railroad Company.

(c) Each time a joint is removed from track by welding and/or is removed by the installation of rail that eliminates the joint, a Report of Joint Elimination by Field Welding shall be filled out (see Attachment E). The disposition of joints in track removed shall be noted on the next report when inspecting joints in CWR. By doing this, joints in CWR are reported from the time they are introduced until the time they are removed from track.

(d) The joint inventory will not contain those joints considered part of a turnout, track crossing, expansion joint, or lift rail assembly as the inspection of these joints is contained on the Monthly Switch Inspection Form as per §213.235.

8.4.3 Record of Inspections

(a) Each walking inspection of a joint in CWR track shall be recorded on the Operating Railroad Company's Special Track Inspection Report.

(b) The information on the Form shall include at a minimum, the Joint Identification Number, the route, the track, the milepost, the rail type, and any defects that require a remedial action and/or a permanent repair.

9.0 TRAINING

(a) To be considered qualified under §213.7 to supervise or conduct the installation, maintenance, adjustment and inspection of CWR track; individuals will receive instruction in, and be tested on, the **Operating Railroad's Approved CWR Plan.**

(b) All Operating Railroad MW employees responsible for the inspection, installation, adjustment, or maintenance of CWR track must successfully complete training on the Operating Railroad's Approved CWR Plan every calendar year.

(c) In addition, Operating Railroad MW employees shall be provided with a copy of these procedures which they shall make available at any CWR job site, if requested.

(d) The Operating Railroad shall maintain a list of those employees qualified to supervise restorations and inspect track in CWR territory. The Operating Railroad shall make this list available upon request.

(e) Annual CWR training programs will address the following:

- (i) The Operating Railroad's Approved CWR Plan and the application of written CWR procedures issued by the Operating Railroad.
- (ii) The qualification and designation of the Operating Railroad's MW personnel to:
  - Know and understand the requirements of the Operating Railroad's CWR Plan; and
  - Have the ability to detect deviations from the Operating Railroad's CWR Plan; and

- Can prescribe appropriate remedial action when deviations are discovered from the Operating Railroad's CWR Plan; and
- Have written authorization from the Operating Railroad to prescribe remedial action and/or make necessary repairs.

(iii) Subjects to be discussed during the annual training on the Operating Railroad's CWR Plan include, but are not limited to, the following:

- Installation and Adjustment of CWR
- Anchoring of CWR
- Maintenance of Desired Rail Neutral Temperature in Previously Installed CWR
- Trackwork That Disturbs CWR Track and Protection of Disturbed Track
- Special Inspections of CWR Track
- Joint Inspections in CWR Track
- Training
- Record Keeping

10.0 REPORTING REQUIREMENTS FOR CWR TRACK

(a) **Report of Disturbance of CWR Track (Form "TD") (Attachment E)**

(1) When any maintenance operations are considered to have disturbed CWR track as per Section 6.0, or if any rail is cut in CWR track or a service failure occurs in CWR track, a "Report of Track Disturbance", Form "TD", will be filled out by the Operating Railroad.

(i) Part A of this Form shall be completed for any work listed in Section 6.0 above which causes the CWR track to be considered disturbed.

(ii) Part B shall be completed whenever there is a Service Failure or CWR in main track is cut or broken for any reason.

(iii) The "Report of Track Disturbance Form" with instructions is found in Attachment E.

(iv) When this report is completed, a copy shall be retained on file for the duration of the Operating Contract for review by the MassDOT Rail and Transit Division.

(b) **Report of Track Movement (Form "TM") (Attachment E)**

(1) During out-of-face surfacing operations and/or the out-of-face installation of ties, the neutral temperature can be adversely affected on curved track. The track may be line in and/or the track may pull in due to reduced longitudinal and lateral resistance of the track structure.

(i) For curves of 3° and greater, a "Report of Track Movement, Form "TM" shall be made out when the curve is surfaced out-of-face or when more than 540 ties per mile are installed.

(ii) This report shall be required in addition to the Report of Track Disturbance of CWR Track (Form "TD").

(iii) The curve shall be stationed at key geometric locations. Reference stakes shall be added to the field side of the high side of the curve so that curve movement during and/or after maintenance work is performed can be obtained.

(iv) This report shall be completed by the Contractor or Operating Railroad Company on whose territory the work is being performed. The "Report of Track Movement" Form with instructions is found in Attachment E.

(v) When this report is completed, a copy shall be retained on file for the duration of the Operating Contract for review by the Operating Railroad Company.

(c) **Report of Joint Elimination by Field Welding (Form "JE") (Attachment E)**

(1) Any time a field weld is made to eliminate a joint, either by the thermite or flash butt method, Form "JE" must be completed by the Contractor/Operating Railroad Company in charge of the work.

(i) The "Report of Joint Elimination by Field Welding" is found in Attachment E.

(ii) This report shall be required in addition to the Report of Track Disturbance of CWR Track (Form "TD").

(iii) This report shall be completed by the Contractor/Operating Railroad Company on whose territory the work is being performed.

(iv) When this report is completed, a copy shall be retained on file for the duration of the Operating Contract for review by the Mass DOT Rail and Transit Division.

(d) **Report of Rail Clipping/Anchoring (Form "RC") (Attachment E)**

(1) Any time CWR is adjusted according to the requirements of Section 3.0 of this document the Form, "Record of Rail Clipping/Anchoring," Form "RC," must be completed by the Contractor/Operating Railroad Company in charge of the work.

(i) The "Record of Rail Clipping/Anchoring", Form "RC" with instructions, is found in Attachment E.

(ii) When this report is completed, a copy shall be retained on file for the duration of the Operating Contract for review by the Operating Railroad Company.

(e) **Report of Semi-Annual (Spring/Fall) Inspection of CWR Track (Form "CWR") (Attachment E)**

(1) Any time CWR is inspected annually either in the Spring and/or the Fall according to the requirements of Section 7.0 of this document the Form, **"**Report of Semi-Annual (Spring/Fall) Inspection of CWR Track," Form "CWR" must be completed by the Contractor/Operating Railroad Company in charge of the work.

(i) The **"**Report of Semi-Annual (Spring/Fall) Inspection of CWR Track," Form "CWR", is found in Attachment E.

(ii) When this report is completed, a copy shall be retained on file for the duration of the Operating Contract for review by the Operating Railroad Company.

(f) **Special Inspections – Earthquakes**

(1) When an earthquake occurs, each quake's magnitude – or inherent strength is measured and reported by the National Earthquake Information Service operated by the U.S. Geological Survey in Golden, Colorado.

(2) The Richter scale gages the energy released by an earthquake, as measured by the ground motion recorded on a seismograph. The magnitude of an earthquake is the same no matter where one is located. Its intensity – or the degree to which it is felt in a specific location – varies depending on one's distance from the earthquake's epicenter, or center of energy.

(3) When an earthquake is reported, the Operating Railroad notifies Maintenance-of-Way to begin a Special Track Inspection.

(4) Use the criteria in the Table below to determine whether a special inspection is warranted.

Magnitude (Richter Scale)	Initiate Special Track Inspection	Criteria/Action
Unknown	Yes	Reports of ground shaking in a geographic area. Trains stop within 50-mile radius of reported shaking until inspection is complete.
0.1 to 4.9	No	No action required.
5.0 to 5.4	Yes	When track is within a 30-mile radius of the epicenter, trains in affected areas slow to restricted speed until inspection is complete.
5.5 to 5.9	Yes	When track is within a 50-mile radius of the epicenter, trains stop in the affected area until inspection is complete.
6.0 to 6.9	Yes	When track is within a 100-mile radius of the epicenter, trains stop in the affected area until inspection is complete.
7.0 and above	Yes	When track is within a 150-mile radius of the epicenter, trains stop in the affected area until inspection is complete.

(5) Special inspections shall identify hazards and identify necessary remedial action(s) to protect the safety of trains operating in the affected areas.

(6) When conducting a special inspection, check the following:

- Materials fouling the track, such as trees, pole lines, wires, etc.
- Alignment, cross level, and profile of the track.
- Bridge piers, abutments, and bulkheads for signs of structural damage.
- Substructure and superstructure for damage from large objects falling into structures.
- Piers, bents, and bridge members for missing components.
- Signal outages and malfunctions.
- Landslides in cuts and slope failures in fills.

(7) Fill out “Special Track Inspection Report” and retain for duration of Operating Contract.

11.0 RECORD KEEPING

(a) **Report of CWR Installations**

(1) Rail temperature, neutral temperature, location, and date of CWR installations must be recorded in system logs or data management system and must be retained by the Operating Railroad for the duration of the Contract with the MassDOT Rail and Transit Division.

(b) **Report of Maintenance Work in CWR**

(1) Because track maintenance can substantially impact CWR stability and safety, the following records of work done must be recorded on Form “TD” and must be kept by the Operating Railroad for the duration of the Contract with the MassDOT Rail and Transit Division.

(i) Rail that is added for any reason.

(ii) Repair of broken or defective rails, pull-aparts and welding of rail joints, and changing glued plug insulated joints.

(iii) A record of pre-break/cut RNT when rail has pulled apart, broken, or been cut for defect removal (see Attachment C).

(iv) A record of the readjusted RNT after a rail has pulled apart, broken, or been cut for defect removal (see Attachment C).

(v) Where a curve has been staked and the curve has chorded as a result of surfacing and lining track (Form “TM”, Attachment E).

(vi) CWR installation or maintenance work that does not conform to Appendix “A” procedures.

(2) Any time work is performed in CWR territory by a Contractor and/or the Operating Railroad, an Operating Railroad qualified person under FRA §213.7(c) shall make out a Track Disturbance Form (Form “TD”, Attachment E).

(3) The Contractor and/or the Operating Railroad shall review the Form “TD” to ensure necessary corrections and adjustments and permanent repairs are made so as to maintain the overall stability of CWR track.

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ATTACHMENT A

DETERMINATION OF ESTIMATE OF PRE-BREAK / PRE-CUT NEUTRAL TEMPERATURE FOR A SERVICE FAILURE IN CWR

(a) General

(1) In line with Section 5.0's requirements, the RNT will be estimated and recorded on Form "TD" where a weld has broken or a rail has pulled apart, broken or been cut for defect removal (service failure).

(2) This attachment addresses how to calculate the rail's neutral temperature before the break or before the cut for defect removal.

(3) Attachment A provides an estimate of neutral temperature based on the measured field gap size, rail size and fastener type.

(4) The rail size is given in terms of a 6" base rail (i.e., for rail sizes above 115# rails) and for 5-1/2" rail (i.e., for 115# and below).

(5) The fastener types are given as EOTA (every other tie anchored) and ETA (every tie anchored).

(6) Concrete tie elastic fasteners, CTEF, and elastic fasteners on wood ties (such as Pandrol type) fall into the ETA category.

(7) The pre-break/pre-cut estimated RNT must be recorded on Form "TD" when making field repairs and kept in a data base by the Operating Railroad for managing subsequent readjustments.

(b) Use of the following tables: **NOTE**

(1) For wood tie tracks 200' from a fixed point (switches, turnouts, crossings, bridges, tunnels, etc.) they **DO NOT apply**. For such the data entry on the Form "TD" should be: ***NA**.

(2) For wood tie tracks between 200' - 400' of a fixed point apply EOTA tables, but data entry Form "TD" should be: ***AP** (for approximate)

(3) Tables for concrete ties and for wood ties with elastic fasteners, apply 200' beyond a fixed point, but **DO NOT apply within 200'**. For the latter, data entry on Form "TD" should be: ***NA**.

(4) For wood or concrete tie tracks where breaks/cuts on the same rail are clustered in close proximity (i.e., within 800' of each other). The data entry on Form "TD" should be: ***NA**.

(5) For iced rail/frozen ballast, tables **DO NOT apply**. For such, data entry on Form "TD" should indicate: ***FB**.

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Table 1a. 6" Base Rail
Wood Tie Track / Every Other Tie Anchored (EOTA)

Field Measured Rail Break/Rail Cut Temp (°F)	**Measured Rail Gap (in)**																	
	0.5	**1**	**1.5**	**2**	**2.5**	**3**	**3.5**	**4**	**4.5**	**5**	**5.5**	**6**	**6.5**	**7**	**7.5**	**8**	**8.5**	**9**
60	84	94	102	109	114	119	124	129	133	137	140	144	147	151	154			
55	79	89	97	104	109	114	119	124	128	132	135	139	142	146	149	152		
50	74	84	92	99	104	109	114	119	123	127	130	134	137	141	144	147	150	153
45	69	79	87	94	99	104	109	114	118	122	125	129	132	136	139	142	145	148
40	64	74	82	89	94	99	104	109	113	117	120	124	127	131	134	137	140	143
35	59	69	77	84	89	94	99	104	108	112	115	119	122	126	129	132	135	138
30	54	64	72	79	84	89	94	99	103	107	110	114	117	121	124	127	130	133
25	49	59	67	74	79	84	89	94	98	102	105	109	112	116	119	122	125	128
20	44	54	62	69	74	79	84	89	93	97	100	104	107	111	114	117	120	123
15	39	49	57	6	69	74	79	84	88	92	95	99	102	106	109	112	115	118
10	34	44	52	59	64	69	74	79	83	87	90	94	97	101	104	107	110	113
5	29	39	47	54	59	64	69	74	78	82	85	89	92	96	99	102	105	108
0	24	34	42	49	54	59	64	69	73	77	80	84	87	91	94	97	100	103
-5	19	29	37	44	49	54	59	64	68	72	75	79	82	86	89	92	95	98
-10	14	24	32	39	44	49	54	59	63	67	70	74	77	81	84	87	90	93
-15	9	19	27	34	39	44	49	54	58	62	65	69	72	76	79	82	85	88
-20	4	14	22	29	34	39	44	49	53	57	60	64	67	71	74	77	80	83
-25	-1	9	17	24	29	34	39	44	48	52	55	59	62	66	69	72	75	78
-30	-6	4	12	19	24	29	34	39	43	47	50	54	57	61	64	67	70	73
-35	-11	-1	7	14	19	24	29	34	38	42	45	49	52	56	59	62	65	68
-40	-15	-6	2	9	14	19	24	29	33	37	40	44	47	51	54	57	60	63
-45	-21	-11	-3	4	9	14	19	24	28	32	35	39	42	46	49	52	55	58
Estimated RNT in °F																		

Note: For rail temperatures above 60°F, the estimated RNTs must be developed by interpolating the existing table.

Table 1b. 5-1/2" Base Rail
Wood Tie Track / Every Other Tie Anchored (EOTA)

Field Measured Rail Break/Rail Cut Temp (°F)	**Measured Rail Gap (in)**																	
	0.5	**1**	**1.5**	**2**	**2.5**	**3**	**3.5**	**4**	**4.5**	**5**	**5.5**	**6**	**6.5**	**7**	**7.5**	**8**	**8.5**	**9**
60	86	97	106	113	119	125	130	135	139	144	148	152	155					
55	81	92	101	108	114	120	125	130	134	139	143	147	150	154				
50	76	87	96	103	109	115	120	125	129	134	138	142	145	149	153			
45	71	82	91	98	104	110	115	120	124	129	133	137	140	144	148	151		
40	66	77	86	93	99	105	110	115	119	124	128	132	135	139	143	146	149	152
35	61	72	81	88	94	100	105	110	114	119	123	127	130	134	138	141	144	147
30	56	67	76	83	89	95	100	105	109	114	118	122	125	129	133	136	139	142
25	51	62	71	78	84	90	95	100	104	109	113	117	120	124	128	131	134	137
20	46	57	66	73	79	85	90	95	99	104	108	112	115	119	123	126	129	132
15	41	52	61	68	74	80	85	90	94	99	103	107	110	114	118	121	124	127
10	36	47	56	63	69	75	80	85	89	94	98	102	105	109	113	116	119	122
5	31	42	51	58	64	70	75	80	84	89	93	97	100	104	108	111	114	117
0	26	37	46	53	59	65	70	75	79	84	88	92	95	99	103	106	109	112
-5	21	32	41	48	54	60	65	70	74	79	83	87	90	94	98	101	104	107
-10	16	27	36	43	49	55	60	65	69	74	78	82	85	89	93	96	99	102
-15	11	22	31	38	44	50	55	60	64	69	73	77	80	84	88	91	94	97
-20	6	17	26	33	39	45	50	55	59	64	68	72	75	79	83	86	89	92
-25	1	12	21	28	34	40	45	50	54	59	63	67	70	74	78	81	84	87
-30	-4	7	16	23	29	35	40	45	49	54	58	62	65	69	73	76	79	82
-35	-9	2	11	18	24	30	35	40	44	49	53	57	60	64	68	71	74	77
-40	-14	-3	6	13	19	25	30	35	39	44	48	52	55	59	63	66	69	72
-45	-19	-8	1	8	14	20	25	30	34	39	43	47	50	54	58	61	64	67
Estimated RNT in °F																		

Note: For rail temperatures above 60°F, the estimated RNTs must be developed by interpolating the existing table.

Table 2a. 6" Base Rail
Wood or Concrete Tie Track / Every Tie Anchored (ETA)

Field Measured Rail Break/Rail Cut Temp (°F)	Measured Rail Gap (in)																	
	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9
60	90	102	111	119	126	133	139	144	149	154	159							
55	85	97	106	114	121	128	134	139	144	149	154	158						
50	80	92	101	109	116	123	129	134	139	144	149	153	157					
45	75	87	96	104	111	118	124	129	134	139	144	148	152	156				
40	70	82	91	99	106	113	119	124	129	134	139	143	147	151	155			
35	65	77	86	94	101	108	114	119	124	129	134	138	142	146	150	154		
30	60	72	81	89	96	103	109	114	119	124	129	133	137	141	145	149	153	
25	55	67	76	84	91	98	104	109	114	119	124	128	132	136	140	144	148	151
20	50	62	71	79	86	93	99	104	109	114	119	123	127	131	135	139	143	146
15	45	57	66	74	81	88	94	99	104	109	114	118	122	126	130	134	138	141
10	40	52	61	69	76	83	89	94	99	104	109	113	117	121	125	129	133	136
5	35	47	56	64	71	78	84	89	94	99	104	108	112	116	120	124	128	131
0	30	42	51	59	66	73	79	84	89	94	99	103	107	111	115	119	123	126
-5	25	37	46	54	61	68	74	79	84	89	94	98	102	106	110	114	118	121
-10	20	32	41	49	56	63	69	74	79	84	89	93	97	101	105	109	113	116
-15	15	27	36	44	51	58	64	69	74	79	84	88	92	96	100	104	108	111
-20	10	22	31	39	46	53	59	64	69	74	79	83	87	91	95	99	103	106
-25	5	17	26	34	41	48	54	59	64	69	74	78	82	86	90	94	98	101
-30	0	12	21	29	36	43	49	54	59	64	69	73	77	81	85	89	93	96
-35	-5	7	16	24	31	38	44	49	54	59	64	68	72	76	80	84	88	91
-40	-10	2	11	19	26	33	39	44	49	54	59	63	67	71	75	79	83	86
-45	-15	-3	6	14	21	28	34	39	44	49	54	58	62	66	70	74	78	81
Estimated RNT in °F																		

Note: For rail temperatures above 60°F, the estimated RNTs must be developed by interpolating the existing table.

Table 2b. 5-1/2" Base Rail
Wood or Concrete Tie Track / Every Tie Anchored (ETA)

Field Measured Rail Break/Rail Cut Temp (°F)	**Measured Rail Gap (in)**																	
	0.5	**1**	**1.5**	**2**	**2.5**	**3**	**3.5**	**4**	**4.5**	**5**	**5.5**	**6**	**6.5**	**7**	**7.5**	**8**	**8.5**	**9**
60	92	106	116	125	133	139	146	152										
55	87	101	111	120	128	134	141	147	152									
50	82	96	106	115	123	129	136	142	147	153								
45	77	91	101	110	118	124	131	137	142	148	153							
40	72	86	96	105	113	119	126	132	137	143	148	152						
35	67	81	91	100	108	114	121	127	132	138	143	147	152					
30	62	76	86	95	103	109	116	122	127	133	138	142	147	151				
25	57	71	81	90	98	104	111	117	122	128	133	137	142	146	151			
20	52	66	76	85	93	99	106	112	117	123	128	132	137	141	146	150		
15	47	61	71	80	88	94	101	107	112	118	123	127	132	136	141	145	149	153
10	42	56	66	75	83	89	96	102	107	113	118	122	127	131	136	140	144	148
5	37	51	61	70	78	84	91	97	102	108	113	117	122	126	131	135	139	143
0	32	46	56	65	73	79	86	92	97	103	108	112	117	121	126	130	134	138
-5	27	41	51	60	68	74	81	87	92	98	103	107	112	116	121	125	129	133
-10	22	36	46	55	63	69	76	82	87	93	98	102	107	111	116	120	124	128
-15	17	31	41	50	58	64	71	77	82	88	93	97	102	106	111	115	119	123
-20	12	26	36	45	53	59	66	72	77	83	88	92	97	101	106	110	114	118
-25	7	21	31	40	48	54	61	67	72	78	83	87	92	96	101	105	109	113
-30	2	16	26	35	43	49	56	62	67	73	78	82	87	91	96	100	104	108
-35	-3	11	21	30	38	44	51	57	62	68	73	77	82	86	91	95	99	103
-40	-8	6	16	25	33	39	46	52	57	63	68	72	77	81	86	90	94	98
-45	-13	1	11	20	28	34	41	47	52	58	63	67	72	76	81	85	89	93
Estimated RNT in °F																		

Note: For rail temperatures above 60°F, the estimated RNTs must be developed by interpolating the existing table.

ATTACHMENT B

RECOMMENDED PROCEDURES FOR DISTRESSING CONTINUOUS WELDED RAIL (CWR) PREVIOUSLY LAID IN TRACK (IN CONFORMANCE WITH SECTION 5.0 REQUIREMENTS)

(a) MassDOT's CWR Policy prescribes distressing requirements for newly installed CWR as per Section 3.0, including a general procedure for distressing rail.

(1) **Attachment B provides more detailed Recommended Procedures for distressing CWR previously laid in track based on current industry best practice guidelines.**

(b) **Definition**: Distressing is the operation of removing (or sometimes adding) rail in CWR to make the longitudinal thermal stress (force) to be zero at a prescribed temperature.

(1) MassDOT's preferred Rail Laying Temperature (RLT) is 105°F.

(c) **Common Distressing Types for Existing CWR in Track:**

(1) There are typically three types, or categories, of distressing which are driven by specific maintenance needs:

(i) **programmed distressing**,

(ii) **reactive or emergency distressing**, and

(iii) **curve distressing**. (Note: although curve distressing can be both programmed and reactive, a separate category is given here due to its general complexity).

(2) **Programmed distressing** is when one or more strings of rail are deemed to be sufficiently below (or above) RLT to warrant rail neutral temperature (RNT) adjustment. When several strings require distressing on MassDOT-owned rail lines, often the out-of-face distressing shall be accomplished by a Contractor working directly for MassDOT Rail and Transit.

(3) **Reactive or emergency distressing** is an imminent action that addresses tight, wavy, kinky rail, and other buckling prone conditions. This type of work on MassDOT-owned rail lines is usually accomplished by the Operating Railroad Personnel.

(4) **Curve distressing** applies to stress adjustments of curves due to cold temperature chording-in or to excessive curve movements resulting from maintenance actions performed when rail is in tension. This type of work on MassDOT-owned rail lines is usually accomplished by Operating Railroad Personnel or by a Contractor working directly for MassDOT Rail and Transit.

(d) **General Guidelines for Programmed Distressing of CWR Strings In Track Up to 1600' In Length.**

(1) **Programmed Distressing may be used for:**

(i) Rail that was laid at colder temperatures sufficiently below a target RNT of 105°F; or

(ii) Rail laid at "hot" temperatures, which exhibits excessive rail movement (running rail); or

(iii) Locations where recent track maintenance (lining, surfacing, lifting, etc.) has lowered RNT below RLT -10°F or 95°F; or

(iv) Locations where the Operating Railroad and/or MassDOT Rail and Transit Division deems it necessary.

(2) The following applies when distressing:

(i) The means, methods, and equipment used when distressing rail shall be approved by MassDOT Rail and Transit or its representative.

(ii) The range of rail temperature at which rail is distressed shall be approved by MassDOT Rail and Transit or its representative.

(iii) Distressing should be scheduled and completed when the ambient temperature provides sufficient heat so that the rail temperature is as near as possible to the target RLT of 105°F; unless approved by MassDOT Rail and Transit.

(iv) **No more than 1,600' of rail may be distressed at any given time (1,600' strings).** This is a continuous 1600' string and/or a 1600' string with a cut or joint in the middle (800'+/- each side of cut and/or joint).

(3) The following preparatory work shall be performed:

(i) Make reference match marks around the existing joint or rail cut location:

- On the base of rail and tie plates on unanchored ties within 10'+/- of the joint and/or cut in the rail; or
- On the left side of the elastic fastener tie plate or the side opposite the drive on elastic fastener or clip within 10'+/- of the joint and/or cut in the rail; and

(ii) When distressing one or more strings, mark the quarter points of the string to be distressed.

(iii) When out-of-face distressing, set offset stakes at the far end of the rail to be distressed to measure any rail panel "pull" back at the end of the CWR string where the rail is cut and/or a joint is located.

(iv) Rail panel "pull back" is often associated with wood tie track anchored on every tie with elastic fasteners or in areas with weak crib ballast.

(v) Rail panel "pull back" movements (inches) shall be measured after:

- The rail has been correctly expanded at the quarter points and at the end by using the ambient temperature, a rail heater and/or a. hydraulic rail puller, and;
- The CWR string has been anchored and/or clipped.

(vi) Rail panel "pull back" measured is the same as ADDING RAIL and the CWR shall have to be unclipped and expanded again to eliminate any pull back when it is finally anchored and clipped before it is finally jointed and/or welded.

(vii) Measured rail end movements away from the joint or cut at the end of the CWR string at the match marks is the same as ADDING RAIL. The CWR shall have to be unclipped and expanded again to eliminate any rail end movement away from the joint and/or cut before the CWR is finally jointed and/or welded.

(viii) The total expansion length required, using the temperature differential, shall be calculated so as to achieve a target RLT of at least 105°F.

(ix) The amount of rail to be expanded when using the temperature differential moved can be determined by using the Report of Rail Clipping/Anchoring, Form "RC" found in Attachment E.

(x) To improve RNT, the total required expansion for any string, shall consist of the following:

- The calculated expansion required from the temperature "differential", and;
- Any measured "rail panel pull back", and;
- Any measured rail end movements away from the joint and/or cut.

(xi) If in compression, the rail shall be cut with a torch (see Paragraph (g) below) and placed in a position that will permit the rail ends to bypass each other, so as to permit the rail to expand freely.

(xii) If in compression, the rail shall be unanchored or unclipped from the cut or joint at the end of the string to be expanded back to the beginning of the string.

(xiii) If the base of rail is caught in the elastic rail fastener plates, the rail shall be raised from the tie plates or tie pads. Place base of rail on risers (spikes and/or rollers) to allow the rail to expand freely; risers shall be placed every 12^{th} to 15^{th} tie (especially in areas of elastic fastener plates). There may be a need to add additional risers at closer intervals on curves.

(xiv) If risers are required, all rail anchors, clips and insulators must be removed and risers placed to ensure the base of the rail is free to move relative to the tie plate and/or tie seat (i.e., stress free).

(xv) If power vibrators are used, it may not be necessary to place the rail on risers in areas of cut spikes and conventional tie plates.

(xvi) Ensure that vibrated rail is totally free to expand/contract longitudinally (i.e., stress free).

(e) **Programmed Distressing: Adjusting Short CWR Lengths (Spot Distressing) Already in Track in Wood and Concrete Tie Territory)**

(1) This method is generally used by the Operating Railroad MW forces to repair a service failure such as a pull-apart, broken rail, or broken weld and to remove a defective rail and/or add a plug rail or by making a cut in CWR.

(2) When distressing short lengths Operating Railroad MW forces generally use the ambient temperature and/or a rail puller to obtain the expansion required.

(3) In this case, the rail to be distressed should be centered, if possible, on an existing joint that can be removed and/or a cut made in the CWR string. Approximately 50% of the area to be distressed should be on either side of the joint and/or cut.

(4) In this case, the rail on either side of the joint and/or cut is expanded towards the rail cut and/or joint location.

(5) The base of the rail and plate should be marked at or within 10' of either side of the joint or cut and then at 50' stations or the quarter points for the full length of the rail to be expanded.

(6) Generally the amount of rail to be expanded on either side of the joint and/or cut is from 195' (380' total) to 390' (780' total). However, longer lengths of CWR, up to 800' (1600' total) may be distressed by this method.

(7) The movement at these stations should be recorded when the joint is removed and/or the rail is cut and recorded on Form "TD."

(8) A rail puller can be used, along with the ambient temperature and/or a heater, to increase the RNT, to at least **RLT -10°F**, when making repairs.

(9) Because of the need to expand rail in two directions, it may be somewhat easier to achieve the required expansion by using the ambient temperature in warmer periods of the year and/or by using a rail puller. A rail heater is more problematic because of the need to have the heater working on both sides of the joint and/or cut and having to move the heater over the joint or cut to expand rail in two directions.

(10) See Attachment C "Recommended Procedures for Adjusting CWR After a Break (Service Failure) or Cut Below the Target RLT (105°F)."

(f) **Programmed Distressing: Adjusting Numerous CWR Strings Out-of-Face Already in Track in Wood and Concrete Tie Territory (Preferred Method)**

(1) This procedure applies to distressing CWR in track as part of programmed maintenance when a length of rail(s) is deemed to be sufficiently below (or above) the target RLT of105°F to warrant RNT readjustment.

(2) The preferred way to expand rail is to heat the rail naturally or with a rail heater. A rail puller may be used when expanding rail to help achieve the required expansion and/or hold the expanded rail in place while installing anchors and/or clips.

(3) The rail to be distressed is usually expanded from the starting point to the end of the string being distressed in one continuous direction.

(4) The maximum length of rail to be distressed at any time in 1600'.

(i) Once a string to be distressed is identified, the end of the string at an existing joint, or a location where the rail is cut, shall have the rail ends mismatched to allow unobstructed movement of the rail string. Then, as the rail is heated naturally by sunlight and/or with a rail heater, the rail is expanded in the direction towards the joint and/or cut.

(ii) Before expanding the rail string, anchors, and/or clips shall be removed starting at the far end of the string at the joint and/or rail cut back to the beginning of the rail string.

(iii) Measure the existing rail temperature and subtract from the target RLT of at least 105°F to determine the temperature differential to be used. See the Report of Rail Clipping/Anchoring (Form "RC") in Attachment E to calculate the total expansion required. The expansion required depends upon the rail temperature differential and total length of the CWR string. The required amount of expansion shall be marked at the one-quarter points on the base of the rail and plates.

(iv) Mark the quarter points on the base of the rail and tie plates of rail strings to be expanded.

(v) Expanding rail continuously in one direction allows MW crews to mark and expand rail at the quarter points and then re-clip rail in a continuous motion from the point of beginning to the end of the string at the joint and/or cut in the CWR.

(vi) Heat (natural or with a rail heater) should be uniformly applied along the string to be distressed until the required expansion has been obtained at the quarter points to include the end of the string at the joint and/or cut rail.

(vii) When using a rail heater, if any quarter point does not have the required expansion, either before or after anchoring/clipping, the string shall have to be reheated. The rail heater will back over the portion that needs to be reheated without applying heat.

(viii) Then the heater shall work towards the end of the string at the joint or rail cut applying heat until the required expansion is obtained.

(ix) Re-clip and/or re-anchor the rail as soon as expansion at the quarter points has been achieved. Clip and/or anchor using the standard anchor patterns given in Section 4.0 “Anchoring of Rail.”

(x) The CWR shall not be considered to be distressed until the required expansion at all the quarter points have been realized. When distressing strings of CWR, rail expansion, and not rail temperature, determines if a string of CWR has been distressed.

(xi) A rail puller can be used to hold the required expansion and/or to help get the required expansion. At least 20 ties on the next string to be distressed should be solid box anchored and/or clipped to provide sufficient holing power for the rail puller to hold or pull the string being expanded.

(g) **Torch Cutting CWR in Track**

(1) The preferred method of cutting CWR in compression is with a torch.

(2) Rail shall only be torch cut in an emergency to relieve thermal stress in the rail prior to expanding and then cutting with a rail saw.

(3) Operating Railroad personnel and/or Contractors shall be trained to cut rail with a torch in accordance with their in-house Safety Procedures.

(4) Operating Railroad personnel and/or Contractors shall not cut rail with a torch on MassDOT property unless trained to do so by their respective companies.

(5) A recommended procedure for torch cutting rail in compression is illustrated in Attachment F “Torch Cutting Rail.”

(6) Person making torch cut:

(i) Shall stand on opposite side of rail from which it is expected to move when making torch cut.

(ii) In curve if buckle/alignment is on high side of curve; stand on low side of curve.

(iii) In tangent track, stand on side opposite from misalignment or buckle.

(7) Initially, remove anchors only in an area large enough to facilitate the torch cut. Do not remove any additional anchors until the torch cut is made.

(8) Clear personnel from misalignment area when rail is cut as rail/track may move suddenly when compressive stress is relieved by torch cutting.

(9) Additional anchors shall be removed after the rail is torch cut to facilitate the necessary rail expansion movement, the misalignment of rail ends and repair.

(10) If a torch cut rail is to be welded within 15 minutes of cutting, it shall be trimmed back at least 3/8" on each rail end with a saw before welding. **This practice requires the approval of the local MassDOT Rail and Transit Field Representative.**

(11) All torch cut rail ends shall be trimmed back:

(i) At least 2" (AREMA Chapter 4.7.3) and/or;

(ii) Beyond the heat affected zone on either side of the torch cut which will appear as a different color on the web of the rail; or whichever is greater;

(iii) With a rail saw before a field weld is made and/or a joint is applied.

(12) If necessary, in an emergency, to pass a train over a torch cut rail end, before the torch cut ends are trimmed back:

(i) Joint bars may be installed with at least two bolts in each rail end, if possible.

(ii) Each train may be passed over the joint at a maximum of 10F/15P provided the move is under the supervision of a qualified person under FRA §213.217(a)(b)(c)(d).

(h) **Reactive or Emergency Distressing: Cutting Tight Track/CWR in Compression**

(1) If a misalignment (wavy, kinky or nervous rail) is found in track that exceeds values for any class of track found in FRA §213.55, Alinement, take appropriate remedial action per FRA §213.9.

(2) Locate point of maximum misalignment.

(3) Fill out Form "TD" and include rail temperature and alinement deviation/defect as per FRA §213.55.

(4) Select a point to make a torch cut. It may be advisable to cut at a point near, but not exactly at the center of the misalignment where compressive stresses may be the highest.

(5) A recommended procedure for torch cutting rail in compression is illustrated in Attachment F "Torch Cutting Rail." See additional torch cutting information found in (g).

(6) Make repairs in accordance with, "Reactive or Emergency Distressing" (see Example 3).

(i) **Reactive Distressing: Adjusting Tight, Wavy Nervous Rail: Procedures**

(1) Reactive distressing consists of actions taken to address tight, wavy, kinky rail conditions seen in CWR track. Usually tight, wavy, or nervous rail is discovered when the rail temperatures are warm.

(2) Such conditions typically are associated with large reductions in rail temperatures and indicate a possible imminent track buckle.

(3) First establish the length of rail exhibiting the tight, wavy condition (i.e., the length of rail requiring neutral temperature adjustment through distressing).

(4) **The total length for distressing is a recommended minimum of 1.5 times the estimated tight, wavy length (although 2 times is the MassDOT preferred).**

(5) **Note: 400' of unfastening (200' either side of torch cut) is a *minimum* distance.** More length is required if the estimated $L_{distress}$ is longer than **260'**, in which case the unfastening length rule of thumb is:

$$\textbf{Unfastening Length} = 1.5 \times L_{distress}$$

(6) Generally *both* rails should be distressed unless otherwise dictated.

(7) The procedure to follow is as described below.

(i) Estimate the length of the tight, kink, wavy rail segment; locate the midpoint where rail is to be cut.

(ii) Record the length of rail to be distressed (i.e., $L_{distress}$ = _____ ft.).

(iii) Cut rail. (**Note: typically torch cutting is required)** and misalign rail ends.

(iv) Keep cutting rail with rail saw until it stops moving; this may require several cuts.

(v) **After rail stops moving, unfasten rail for minimum required distance on both sides of the cut starting at the cut and working away from the cut.**

(vi) After unfastening CWR, continue cutting rail out until there is no more movement; at this point the rail ends should just be touching.

(vii) Measure and record the rail temperature.

(viii) Refer to MassDOT's preferred RLT (105°F) and compare it with the measured rail temperature to determine the distress *temperature differential*. If the measured rail temperature is *lower* than the RLT, proceed to Form "RC," "Report of Rail Clipping/Anchoring" in Attachment E to determine the additional rail to be removed.

(ix) If the measured rail temperature is *above* RLT, no additional rail needs to be removed, and proceed to next step.

(8) Rail shall be expanded by ambient temperature and/or pulled with a rail puller.

(9) f CWR is cut with a torch, both rails on either side of the torch cut shall have to be cut back at least 2" with a rail saw (see Paragraph (g) above).

(10) A plug rail **shall** have to be added. A minimum 18' plug in tangent track shall be installed.

(11) Rail to be cut out when an 18' plug rail is installed includes:

(i) The length of the plug rail.

(ii) The amount that the rails on either side of the torch cut are to be expanded from Form "RC," "Report of Rail Clipping/Anchoring." See Attachment E.

(iii) An additional 1" allowance for each end of the plug if it is to be field welded (2x1" = 2").

(iv) If installed plug rail is to be jointed and not welded, no additional rail for welding needs to be removed. Comply with FRA §213.119(c).

(v) DO NOT ADD RAIL.

(12) If field welding, add the weld allowance (usually 1") to the CWR rail expansion value and cut out the indicated amount of rail.

(13) Make the weld or install joint bars and reapply rail fasteners or anchors. (Note: some pulling of the rail may be required to close rail to welding gap.)

(14) Record distress temperature differential, distress length, unfastening length, the readjusted RNT, and the amount of rail removed on Form "TD."

(15) Proceed to distress the other rail.

(j) Distressing Curves Procedures:

(1) Curve distressing may be required in curves when curves have chorded in or moved in during cold temperatures or due to heavy maintenance activities in curves such as:

(i) Out-of-face surfacing and aligning of track

(ii) Out-of-face tie installation

(iii) Undercutting of track

(iv) Shoulder ballast cleaning

(2) Heavy maintenance activities performed when CWR is in tension generally makes curve move in and/or chord in.

(3) More specifically, when curves undergo lateral movements due to temperature changes, either naturally or due to maintenance, the result can be substantial changes in neutral temperature which requires readjustment by distressing.

(4) There are two methods of distressing curves: (1) cutting rail out (preferred), and (2) curve realignment out.

(5) Distressing via curve realignment is the easier of the two methods, but requires knowledge of the curve position (i.e., the amount of movement), hence, requires curve staking, monitoring, record keeping, and correct tamper lining management.

(6) Appendix "A" addresses the need to stake curves ≥3°. **At a minimum, curves ≥3° shall be staked when surfacing and aligning when the rail temperature is below 55°F or 50°F below the preferred RLT of 105°F.** See Form "TM," "Report of Track Movement" in Attachment E.

(7) Staking of curves: At a minimum, stake curves ≥3° prior to out-of-face surfacing and lining.

(8) MassDOT Rail and Transit Division may require the staking of curves for other types of work as given in (j) (1).

(9) Place a minimum of three reference stakes uniformly spaced around the curve. Additional stakes may be required due to the overall length of the curve (see Form "TM," Attachment E).

(10) Inspecting for curve movement: Inspect for curve movement periodically after the work, especially during periods of large temperature changes. **Where a curve has been staked and curve has chorded 3" or more (≥3") to the inside, the curve shall be lined out and/or distressed.**

(11) **A temporary speed restriction (TSR) of 40F/40P MPH or less shall be applied if the curve is not lined out or the rail is not distressed when the rail temperature reaches the target RLT of 105°F.** Take additional remedial action as required.

Example 1: Programmed Distressing (spot distressing): It is suspected that a 1,000' section of rail on wood ties with cut spikes and DSC plates and anchors was laid "cold" (well below the territory's RLT), and it needs to be distressed to readjust to RLT = 105°F. The rail is being cut for distressing at a rail temperature of 70°F. How to proceed?

Step 1: Add match marks on both sides and within 10' of the rail to be cut. From these match marks determine the amount of rail moving together when the rail is cut. Place marks at 50' stations for up to 200' on either side of the proposed rail cut to monitor and record rail movement when rail is cut and then when rail is expanded to a RNT of 105°F.

Step 2: Add "witness stakes" in area where rail is to be cut. Measure any panel "pull back" on both sides of rail cut. Panel "pull back," if any in inches, must be added to required rail expansion discussed below. **DO NOT ADD RAIL**

Step 3: For this example assume that the rail is in compression. Cut rail at midpoint with a rail saw if possible and bypass rail ends. If the rail is in compression, torch cutting may be required. If torch cutting is required an 18' plug or larger shall have to be cut in because the minimum cut back with a rail saw on either side of a torch cut is 2" or a minimum of 4" of rail plus the width of the torch cut is removed.

Step 4: For this example assume the rail was able to be cut with a saw. This means that the rail had a neutral temperature just below 70°F.

Step 5: From match marks determine amount of rail moving together.

Step 6: Unfasten 500' in both directions starting from the rail cut and working away from the rail cut. After anchors are removed, tap or vibrate rail and let rail continue to run. Place base of rail on spikes and/or rollers to get rail out of plates if that helps to expand rail. Add spikes and/or rollers starting at joint or cut and working backwards to beginning of string to be expanded.

Step 7: Record total rail movement on Form "TD" at a rail temperature of 70°F.

Step 8: Cut out the excess rail moved together, leaving the rail ends just touching. At this point this unfastened rail has a neutral temperature of 70°F which needs to be raised to RLT=105°F.

Step 9: Check rail temperature and refer to "Report of Rail Clipping/Anchoring," Form "RC" in Attachment E to compute required expansion in inches for a temperature differential of 105°F - 70°F = 35°F and calculate the gap required for two pieces at 500' or; 2 x 1-3/8" = 2-6/8" or 2-3/4".

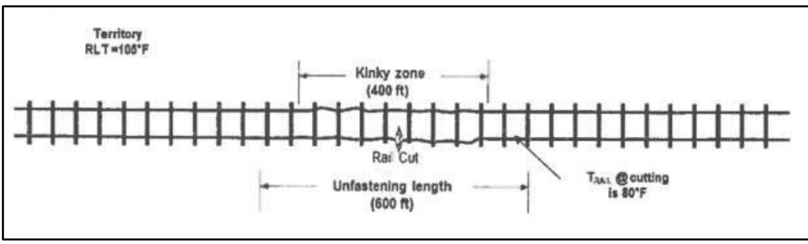
Step 10: Expand rail with ambient temperature and/or rail puller.

Step 11: Cut out the 2-3/4" + 1" for field weld allowance; pull the rail together for the 1" gap, field weld and reapply anchors.

Step 12: Record total amount of rail removed, distressing temperature, temperature differential, and the readjusted neutral temperature on Form "TD."

Step 13: Proceed to distress the other rail.

Example 2: Reactive Distressing: Adjusting Tight, Wavy, Nervous Rail: There is a 400' rail segment exhibiting a wavy/tight rail condition or rail kink. A kink is a formation or a misalignment greater than 1" on track not related to work done by MW Forces. A kink normally occurs when rail temperatures are thought to be high. The territory's RLT is 105°F, and the distressing is done at a rail temperature of 80°F. How to proceed with the distressing?



Step 1: Distress length is 400'; cut rail out with torch at midpoint until no more rail movement.

Step 2: Remove fasteners for 1.5 x kinky zone or 600' (300' on either side of cut note 600' = 1.5 x 400). Start at the torch cut and remove fasteners moving away from the cut. Keep letting rail run until no more rail movement.

Step 3: Measure rail temperature (here 80°F); and compare with RLT = 105°. The temperature differential is 25°F.

Step 4: Here the rail temperature is **lower** than laying temperature; therefore more rail needs to be removed. So rail needs to be expanded. See Form "RC," Attachment E.

Step 5: Proceed to Attachment E to determine additional rail to cut out for a 25°F distress temperature differential and the (2x300') 600' length, this is 1-1/4".

Step 6: Cut out the rail expansion required of 1-1/4" plus the 1" weld allowance if rail is to be field welded.

Step 7: If CWR is torch cut, both rails on either side of the torch cut shall have to be cut back at least 2" with a rail saw. Because only 1-¼" of expansion is required, a plug rail will have to be cut in. A minimum of 18' plug shall be installed in tangent track. Rail to be cut out if an 18' plug rail is installed includes:

- The length of the plug rail.
- The amount that the rails on either side of the torch cut are to be expanded from Form "RC." In this case 2 x 5/8" = 1-1/4" total.

- An additional 1" allowance for each end of the plug if it is to be field welded (2X1" = 2").
- If the plug is to be jointed and not welded, no additional rail other than the plug length and the required expansion amount of 1-¼" needs to be removed. Comply with FRA §213.119(c).
- **DO NOT ADD RAIL.**

Step 8: Expand rails (both sides of torch cut) by the ambient temperature and with a rail heater and/or rail puller, cut in plug rail, reapply anchors or fasteners, make field welds and/or drill rail ends and apply 6 hole joint bars.

Step 9: Record rail temperature (80°F); RLT (105°F); distress length (400'); unfastening length (600') and 1-1/4" rail cut out on Form "RC."

Step 10: Proceed to distress other rail.

ATTACHMENT C

RECOMMENDED PROCEDURES (RPS) FOR READJUSTING/DISTRESSING CONTINUOUS WELDED RAIL (CWR) AFTER A BREAK, PULL-APART (SERVICE FAILURE) OR CUT BELOW THE TARGET RAIL LAYING TEMPERATURE (RLT = 105°F)

(a) **Definitions:**

(1) The “Rail Laying Temperature” (RLT) is the target installation temperature of welded rail for the MassDOT Rail and Transit Division.

(2) For existing CWR in track, when service failures are repaired and cuts in CWR are made by Railroad Operating Companies, the minimum acceptable RLT to be achieved when making repairs and/or cuts is RLT -10°F or 95°F.

(3) All readjustments/distressing of CWR on MassDOT Rail and Transit Division shall be made to achieve a target RLT of at least 105°F.

(4) As per Section 3.0, “Installation and Adjustment of CWR,” MassDOT requires rail to be installed at RLT=105°F with construction tolerance of -10 to +10°F (i.e., 95°F to 115°F).

(5) The “Rail Neutral Temperature” (RNT) is the rail temperature at which the net longitudinal force in the rail is zero, and is referred to as rail neutral temperature.

(b) **Overview:**

(1) These procedures address readjusting the RNT under the following conditions:

(i) Service Failures:

- Broken joint bars
- Broken welds/field or plant
- Pull-aparts with broken bolts and bent bolts
- Broken rails
- Defective glued plug insulated joint rails

(ii) Rail defect or rail removals (cutting rail).

(iii) Cutting rails and installing plug rails.

(2) Rail that has pulled apart, broken, or been cut for defect removal must be readjusted to the RLT -10 safe range prior to rail temperatures exceeding those outlined in Table 1 below.

Table 1. Temperature When CWR (RNT) Must be Adjusted or Speed Restrictions Applied For Rail Breaks on One Rail Only

Rail Temperature (°F) at Which Rail Break or Cut Occurred	Rail Temperature (°F) at Which to Readjust or Apply Temporary Speed Restriction (TSR)
60	110*
50	110*
40	110*
30	110*
20	110*
10	110*
0	105*
-10	100*
-20	95*
-30	90*
*Table based on FRA/RSAC, but modified for MassDOT Rail and Transit Division requirements.	

<u>Note:</u> For the special case where both rails break and/or are cut within 200' of each other and when both rail's readjustment and permanent repairs are deferred to warm temperatures, the following formula shall apply:

T Return = (T RB1 + T RB2)/ 2 +70°F, and T Return shall not exceed 110°F.

(As an example, rail 1 breaks at 10°F, and rail 2 at 30° F, the return temperature is 90°F, and NOT as would be individually designated by Table 1)

(3) If rail RNT has not been adjusted prior to rail return temperatures exceeding the values in Table 1:

(i) **A temporary speed restriction (TSR) of not more than 25F/25P MPH shall be applied**, or

(ii) A temporary speed restriction of not more than 40F/40P MPH can be applied when a mandatory daily inspection is conducted during the heat of the day.

(iii) **If rail return temperatures do not exceed Table 1 values, the RNT shall be readjusted within 365 days.**

(4) The following data must be recorded on Form "TD" at the time of the break, pull-apart, and/or cut:

(i) Rail temperature at the time of the pull-apart/break/cut,

(ii) Gap size (as measured within ± 1/32"),

(iii) Rail size,

(iv) Tie type (wood or concrete),

(v) Anchor/fastener type (anchors or elastic fasteners); and the condition as described by "weak", "average", and "strong" as described below:

- Weak: missing anchors; the majority are not tight against the ties; evidence of rail slipping or moving longitudinally through anchors/clips;

crib ballast more than 2" below the tops of the ties; poor tie condition; more than half of the tie insulators are cracked, broken or not seated in the shoulder; tie pads are slipping or deteriorated; evidence of rail seat abrasion.

- Average: anchors are in place and tight against the ties; no evidence of rail creep; tie condition is good; full ballast section; most insulators are sound and seated correctly; tie pads are not worn or moving in the rail seat; no evidence of rail seat abrasion.
- Strong: new construction or relay rail with new anchors or fasteners; full ballast section and well consolidated AND which do not exhibit any of the “weak” or “average” characteristics.

(vi) The anchor pattern (every tie versus every other tie), and

(vii) If any “special conditions” apply* (see (5) below).

(5) Attachment A tables for the determination of pre-break/cut RNTs, do not apply for “special conditions” which are defined as:

(i) Breaks/cuts clustered in “close” proximity to each other on the same rail (i.e., within 800' of each other);

(ii) Breaks/cuts are within 400' of a “fixed” point; or

(iii) Breaks/cuts in iced rail/frozen ballast conditions.

(6) Use the tables in Attachment A to determine the pre-break/cut RNT, but note special conditions and/or exclusions (as above). Table 2 provides a guide as to the information found and where it is located in Attachment A (see below):

Table 2. Attachment A Table Use

Rail Base Size	Rail Weight	Anchorage Type	Attachment A Table to Use
6"	136/132	Every other tie anchored	1A
5-1/2"	115/100	Every other tie anchored	1B
6"	136/132	Every tie anchored*	2A*
5-1/2"	115/100	Every tie anchored*	2B*
* Use for concrete ties, and for wood ties with elastic fasteners.			

(7) 6" base rail found in Attachment A is currently the standard rail being purchased and installed by the MassDOT Rail and Transit Division.

(8) 5-½” base rail found in Attachment A was laid on MassDOT Rail and Transit owned rail lines and is still in track.

(c) **Procedures Used to Readjust Rail When A Service Failure Occurs and/or CWR Is Cut**

(1) The procedures used to readjust rail after a break or cut vary based upon Table 3’s summary below.

Table 3 – RNT Readjustment Procedures Summary

APPLICATION	DESCRIPTION
Attachment A + Tables 1 & 2	Evaluation of pre-break/cut RNTs and return temperatures for adjustment. Results are required inputs Scenarios 1-3.
Scenario 1a	RNT readjustment procedure when repairing broken/defect cut rail when it can be performed at the time of break/cut. Such requires a pre-break/cut RNT in the RLT-10 range thus allowing rails to be pulled together through anchors and fasteners for an RNT restoration to RLT-10
Scenario 1b	Same as 1a, but when additional rail removal is required for readjustment, and when rail is pullable through anchors/fasteners. This Scenario provides additional rail removal required for RNT restoration to RLT-10
Scenario 2	Procedure for readjusting RNT after rail break/defect cut when interim repairs are required (such rail addition via plug) and when RNT readjustment are deferred for a later time as per Table 1 at which time conventional destressing of 780 ft of rail is required to RLT
Scenario 3	Readjustment procedure for special cases when Attachment A is NOT applicable. These include: (a) Multiple breaks on same rail within close proximity (800 ft) of each other (b) Breaks/cuts within 400 ft of fixed points (bridges, tunnels, crossings, switches/turnouts, etc.) (c) Extremely stiff, frozen rail/ballast conditions

Notes: *(i) if for any reason in 1a or 1b the rail gap to be closed for adjustment is NOT pullable through anchors/fasteners, revert to Scenario 2, (ii) Scenario 3's (a) and (b) reverts to Scenario 2, and (iii) Scenario3's (c) is as indicated in Table 5*

(2) **Scenario 1a: Breaks or cuts occurring when the pre-break/neutral temperature was within the RLT -10°F range when a permanent repair is possible**. Repairs can be made at the time of the break/cut by pulling rail ends together with a rail puller without any removal of anchors or clips. Attachment A is used to determine existing and final (repaired) RNT.

(3) **Scenario 1b: Breaks or cuts occurring when the pre-break/cut neutral temperature was below the RLT -10°F range when a permanent repair is possible by cutting additional rail out**. Repairs can be made at the time of the break/cut by pulling rail ends together with a rail puller without any removal of anchors or clips. Attachment A is used to determine extra rail to cut out, and existing and final (repaired) RNT. If repairs cannot be made by pulling, then see Scenario 2 under (4).

(4) **Scenario 2: Breaks or cuts occurring, when permanent repairs cannot be made at the time of the break/cut.** If a plug is added (RAIL IS ADDED), or the rail pulled together and bolted as an interim repair, then permanent repairs or adjustments to the RNT shall be made before reaching the rail return temperature in Table 1, and by distressing 780' of rail.

Note that under this Scenario:

(i) the readjustment here is to RLT (and NOT to RLT-10), and

(ii) the potential benefit of the single joint interim repair approach versus the plug rail (i.e., offering the 1 weld vs. 2 welds later upon readjustment), and

(iii) the interim benefit of rail pulled together approach's resetting reduced RNT to the pre-break value.

(5) **Scenario 3: For "Special Cases"** where breaks or cuts occur:

(i) in close proximity on the same rail, or;

(ii) near fixed structures, or;

(iii) in extremely stiff or frozen rail/ballast conditions.

NOTES:

(a) **IN THE ABOVE CASES, TABLES IN ATTACHMENT "A" DO NOT APPLY (I.E. PRE-BREAK/CUT RNTs CANNOT BE DETERMINED.)**

(b) **SCENARIO 3 ADJUSTMENT OF RLT IS AS GIVEN IN SCENARIO 2 (I.E. REQUIRING RETURN TEMPERATURES AS PER TABLE 1, AND UNFASTENING/DISTRESSING 390' OF RAIL ON EITHER SIDE OF THE BREAK/CUT, OR 780' TOTAL, WITH THE EXCEPTION OF (iii) WHICH ADOPTS TABLE 5 FOR DISTRESS LENGTHS). SEE BELOW.**

(d) **Recommended Procedures to Readjust Rail RNT.** The procedures used to readjust rail after a break and/or service failure or cut are given below for the above Scenarios:

(1) **Scenario 1a: Single Break/Cut Occurred when the RNT was Within 10° of the RLT (105°-10=95°F), when a permanent repair is possible at the time of break/cut. Note the following:**

(i) Rail can be pulled together through the anchors or fasteners and the gap can be closed. A minimal amount of anchors are removed around the service failure and/or at the cut in CWR.

(ii) Permanent repair is made when service failure is discovered or CWR is cut.

(iii) RNT is restored to within the range of RLT -10°F.

(iv) No rail is added.

(v) No additional repairs are required (except for repositioning displaced anchors/fasteners resulting from rail pulling).

(vi) Following are the steps to be followed when making a repair:

- Step 1: Obtain the rail temperature at the time of the break/cut, gap size, rail size, tie type (wood or concrete), anchor/fastener type, and the anchor pattern (every tie versus every other tie) and record on Form "TD."
- Step 2: Use Table 2 above to determine which table in Attachment A should be used to determine the pre-break/cut RNT.
- Step 3: determine if the pre-break/cut temperature is within 10°F of the RLT. If so, proceed to Step 5.
- Step 4: If not, proceed to Scenario 1b or 2 depending upon the conditions.
- Step 5: No adjustment is required for breaks or cuts that occurred when the pre-break/cut RNT was within the RLT -10°F. The gap can be closed using the following procedures:
  - Remove a limited number of anchors or fasteners (~5-10 ties) either side of the break/cut (to facilitate an easier rail pull).
  - Cut 1" for the weld allowance if the rail ends are to be welded.

- Use a rail puller to close the gap or to leave the 1" weld allowance. If the gap closes, apply joint bars or make the weld and record all pertinent data.
- If the gap does not close, close the gap by adding a plug rail. Record the gap size, temperature, and the rail added, and return later to readjust using Scenario (2).
- After applying joint bars or making the weld, record the gap size, pre-break/cut RNT, the restored RNT and rail temperature on Form "TD." Permanent repairs at the service failure, break and/or cut location shall be made within 30 days in accordance with FRA §213.119(c)(3).
- If working in a curve, proceed to check alignment to be sure rail has not chorded in after pulling rail with a rail puller. Realign if necessary.

(vii) Above procedure requires pulling rail through the anchors or fasteners; hence, needing sufficient puller/tensor capacity especially in concrete tie track or on wood ties with elastic fasteners. If puller capacity is not adequate or puller is not available, use procedures in Scenario 2

(viii) MassDOT Rail and Transit Division requires that all permanent repairs that can be made immediately (Scenario 1), be accomplished by adjusting RNT to at least RLT -10°F or 95°F**.**

(ix) ILLUSTRATIVE EXAMPLE OF SCENARIO 1a:

Consider a rail break or defect removal on wood tie, every other tie anchored (EOTA) 136# rail segment, when the rail broke/cut at 40°F, and the resulting gap size is 3 inches. How to make the repair/readjustment?

<u>**ANSWER**</u>: from Table 1a (ATTACHMENT "A") the pre-break cut RNT is: <u>99°F</u>. This is within MassDOT's RLT-10 safe range (i.e. within 105 – 10), hence a candidate for Scenario 1a! After cutting an extra inch for the weld allowance, close the gap to the 1" weld gap via rail puller (without any anchor removal), and proceed to make the weld. Record all pertinent data, and be sure to reposition any moved/displaced anchors. Then the readjusted RNT here is 99°F.

<u>**Note**</u>: if for any reason the rail could not be pulled together, proceed to make an interim repair via a plug rail requiring adding 3" of rail, and then apply Scenario 2 to readjust before rail temperature exceed 110°F (as per Table 1)

(2) **Scenario 1b: Single Break/Cut RNT is below the RLT -10°F Range (<95°F), when a permanent repair is still possible. Note the following:**

(i) This is a modification of Scenario 1a as it requires more rail to be cut out to compensate for the RNT being below RLT -10°F. As such, this requires pulling rail together through "*larger*" gaps. The gap now consists of the sum of present break/cut gap, and the additional rail removal required to compensate for pre-break/cut RLT being below RLT -10°F as well as the 1" weld allowance if field welding. The **Required Steps When RNT is below RLT -10°F Range (<95°F):**

- Step 1: Measure/record the rail temperature at the time of the break/cut, gap size, rail size, tie type (wood or concrete), anchor/fastener type, and the anchor pattern (every tie versus every other tie) and record on Form "TD."

- Step 2: Use Table 2 information to choose appropriate table in Attachment A to determine the pre-break/cut RNT.
- Step 3: Determine if the pre-break/cut temperature is below the RLT -10°F. If so proceed to Step 4. If above the RLT -10°F range, proceed to Scenario 1a depending on the conditions and schedule readjustments in compliance with the rail return temperature in Table 1. **Step 4: Use the selected table in Attachment A to determine the *additional* amount of rail to cut out to readjust to at least 95°F.** Add this amount rail to be removed to the existing gap size plus the 1" weld allowance, if a weld is to be made~~.~~ This is known as the final pull-gap amount (i.e., FG.).
- Step 5: Determine if FG is *pullable,* with the rail puller on site, to the 1" gap required for welding or closing the gap if joint bars are to be added~~,~~ remembering that rail is to be pulled through the anchors/fasteners without removal. If gap is pullable, proceed to Step 6.
- Step 6: Cut out additional rail required for expansion and closing the joint by adding joint bars or by field welding. Pull rail through the anchors to close the gap for joint bars and/or leave 1" to close with a field weld.
- Step 7: If required gap cannot be closed, there are two possible temporary repairs. They are:
  - Only close the gap that was found in the field when the rail broke and/or was cut. The RNT will be the existing RNT when the rail broke and/or was cut as determined from Attachment A. Return to make permanent repair in accordance with Scenario 2 and Step 8.
  - If initial gap observed when rail broke and/or was cut cannot be closed, add rail by installing a plug rail. The RNT will be the existing rail temperature when the rail broke and/or was cut. Return to make permanent repair in accordance with Scenario 2.
- Step 8 After making permanent repairs as in Step 6, inspect fasteners and readjust (reposition anchors) where necessary so they are tight against the tie.
- Step 9: If working in a curve, proceed to check the alignment to determine if the rail has chorded in. Realign if necessary and or take appropriate remedial action.

(3) ILLUSTRATIVE EXAMPLE OF SCENARIO 1b:

Consider a 136# rail is cut for a defect removal at a rail temperature of 20°F in an every tie fastened rail segment resulting in a rail gap of 2". The territory's designated laying temperature is 105°F. How to make readjustment in line with the RLT-10 criterion at the time of defect cut?

Answer: apply Scenario 1b (as illustrated below)

Table 2a. 6-in base rail Every tie anchored

Rail Gap

Rail Break Temp	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9
60	90	102	111	[illegible]	126	133	[illegible]	144	149	154	159							
55	85	97	106	114	121	128	[illegible]	139	144	149	154	158						
50	80	92	101	109	116	123	129	134	139	144	149	153	157					
45	75	87	96	104	111	118	124	129	134	139	144	148	152	156				
40	70	82	91	99	106	113	119	124	129	134	139	143	147	151	155			
35	65	77	86	94	101	108	114	119	124	129	134	138	142	146	150	154		
30	60	72	81	[illegible]	96	103	109	114	119	124	129	133	137	141	145	149	153	
[illegible]	55	67	[illegible]	[illegible]	91	98	[illegible]	109	114	119	124	128	132	136	140	144	148	151
20	[illegible]	[illegible]	[illegible]	79	86	[illegible]	99	104	109	114	119	123	127	131	135	139	143	146
[illegible]	45	57	[illegible]	[illegible]	81	[illegible]	[illegible]	99	104	109	114	118	122	126	130	134	138	141
10	40	52	61	69	76	83	[illegible]	94	99	104	109	113	117	121	125	129	133	136
5	35	47	56	64	71	78	[illegible]	89	94	99	104	108	112	116	120	124	128	131
0	30	42	51	59	66	73	79	84	89	94	99	103	107	111	115	119	123	126
-5	25	37	46	54	61	68	74	79	84	89	94	98	102	106	110	114	118	121
-10	20	32	41	49	56	63	69	74	79	84	89	93	97	101	105	109	113	116
-15	15	27	36	44	51	58	64	69	74	79	84	88	92	96	100	104	108	111
-20	10	22	31	39	46	53	59	[illegible]	69	74	79	83	87	91	95	99	103	106
-25	5	17	26	34	41	48	54	[illegible]	64	69	74	78	82	86	90	94	98	101
-30	0	12	21	29	36	43	49	[illegible]	59	64	69	73	77	81	85	89	93	96
-35	-5	7	16	24	31	38	44	49	54	59	64	68	72	76	80	84	88	91
-40	-10	2	11	19	26	33	39	44	49	54	59	63	67	71	75	79	83	86
-45	-15	-3	6	14	21	28	34	39	44	49	54	58	62	66	70	74	78	81

Pre break RNT is 79°F hence <u>NOT</u> in the RLT-10 safe range of 95 to 105°F. <u>BUT</u> 99°F at a 3.5" gap is! Hence cut an extra 1.5" leaving a new gap of 3.5". Cut an additional 1" for the weld allowance; pull rail to close gap to 1" without fastener removal and weld. This rail has been readjusted to 99°F and to within the RLT-10 range as required!

(e) **Procedures to Readjust Rail RNT for Scenario 2**

(1) Scenario 2: Breaks or cuts occurring when permanent repairs cannot be made at the time of the break/cut. If a plug is added as an interim fix, then permanent repairs or adjustments to the RNT shall be made before reaching the rail return temperature in Table 1.

(i) Step 1: Use Attachment A Tables to document pre-break RNTs.

(ii) Step (2): **If a plug rail is cut in, record the amount of rail added on Form "TD."**

(iii) Step (3): A special requirement of Scenario 2 is to distress by removing anchors or clips on 390' of CWR on both sides of plug or joint (for a total of 780') when returning for repair, and readjusting to RLT of 105 **°F** (and not to RLT-10)

(2) ILLUSTRATIVE EXAMPLE OF SCENARIO 2:

***Example**: a 136# rail is cut for a defect removal at a rail temperature of 20°F in a concrete tie territory resulting in a rail gap of 2". The territory's designated laying temperature is 105°F. Scenario 1b was attempted but the rail could not be pulled together to close the 3.5"gap (see example above). How to proceed?*

***ANSWER:** follow Scenario 2 (with Options 1 or 2 below):*

OPTION 1 - in case rail could not be pulled together to close the 3.5" gap, the procedure is to apply Scenario 2. This requires recording/documenting all pertinent data, and making interim plug repair of adding 2" of rail and applying Table 1 to establish return temperature for adjustment (i.e. in this case prior to rail temperatures exceeding 110°F). Return at or prior to this rail temperature and make adjustment as per Scenario 2 which requires adjustment by destressing via unfastening ± 390 ft of rail (total of 780 ft).

OPTION 2 - instead of making interim plug repair of adding 2" of rail as per above, consider pulling rail together through the 2" gap (without unfastening) and closing rail via bolted joint. This restores RNT to 79°F. It is still required to return for a later adjustment, but Table 1 doesn't apply anymore in this case, hence more flexibility on when to return for the final adjustment. The required unfastening length is still ±390ft (780ft total).

Note: Option 2 has the benefit of some immediate *partial RNT restoration* (thereby offering some interim safety against a buckling potential during the onset of warm temperatures), and an easier final adjustment of requiring one weld versus two.

(f) **Procedures to Readjust Rail RNT for Scenario 3 (Special Cases) when:**

(1) Case 1: Multiple breaks/cuts occurring in "close" proximity on the <u>same</u> rail (i.e., within 800' of each other).

(2) Case 2: Breaks/cuts within 400' of "fixed structures/locations."

(3) Case 3: Breaks/cuts in iced rail/frozen ballast conditions.

(4) Case 4: Where the break/cut occurs on <u>both</u> rails within 200' of each other.

(5) For detailed readjustment procedure for Special Cases 1 and 2 above refer to conventional distressing procedure and application of Scenario 2 as in (e) above, requiring the adjustment of 780' of rail and cutting rail out as dictated by the temperature differential (TD).

(6) Use Table 4 below with the caveat that additional rail removal may be required if the end points at ±390 are measured to be moving in when applying the rail puller to close the gap.

Table 4. Special Cases: Additional Rail to Remove for Readjustment for the 780' of Unfastening Length

Temperature Differential (°F)*	Additional Rail to Remove (inches)
5	1/4
10	1/2
15	1
20	1-1/4
25	1-1/2
30	1-3/4
35	2-1/4
40	2-1/2
45	2-3/4
50	3-1/4
55	3-1/2
60	3-3/4
65	4
70	4-1/2
*MassDOT Rail and Transit Division Preferred Rail Laying Temperature (RLT=105°F)	

Note: The above procedures for Scenario 2 and Scenario 3"s Special Cases 1 and 2 are based on best practice engineering assumption, that for **all** rail break/defect cut/pull-apart cases, **one** unfastening length of 390' on either side of the cut/break is adequate for readjustments. Although some break/cut influence zones can be longer, hence requiring longer unfastening lengths, the 780' total length is an acceptable "best practice" compromise. For "*bad*" breaks (i.e., break gaps exceeding 3"), longer unfastening lengths are recommended. Additionally, note that the above Scenario 2 procedure readjusts to RLT instead of the RLT -10°F value! This is for "added safety" to counteract the "*one unfastening length of ± 390' satisfying all break/cut influence zone"* assumption.

(g) **Procedures to Readjust Rail RNT Scenario 3:** For Special Case 3 (breaks/cuts in frozen rail/ballast conditions):

(1) Apply Scenario 2 as per (e) above; however, the recommended unfastening lengths are reduced as per Table 5 below.

(2) Use Form "RC" in Attachment E to calculate the required expansion amounts that correspond to the unfastening lengths given in Table 5.

Table 5. Unfastening Lengths for Frozen Ballast Conditions

Measured Gap Size (in) when Broke/Cut	Unfastening Length (ft) in Each Direction
<1/2	100
½ - 1	150
>1	200

(h) **Procedures to Readjust Rail RNT Scenario 3:** For Special Case 4 where the break/cut occurs on both rails within 200' of each other.

(1) Use Scenarios 1-3 as applicable for rail breaks on each individual rail.

(2) The return/readjustment time (return rail temperature) given in Table 1 is not applicable for this Special Case 4 when both rails have breaks in close proximity (within 200' of each other).

(3) The following formula must be used to determine the "return rail temperature."

$$T_{RETURN} = (T_{RB_1} + T_{RB_2})/2 + 70°F$$

Where T_{RB1} is the rail break temperature of one rail, and T_{RB2} is the rail break temperature of the other (opposite) rail.

(4) Example: One rail breaks or is cut for defect removal at 10°F and left for a later adjustment in line with Scenarios 2 or 3. The other rail breaks or is cut later at 30°F which is also deferred for later return adjustment. If both repairs were not made at the time of the rail break and/or cut, but were deferred to at a later date, then the return temperature is at/below a rail temperature of 90°F. The calculation is shown below:

T_{RETURN} = (10°F +30°F)/2 + 70°F or 20°F+70°F = 90°F

Note that this is a lower return temperature than either individual breaks/cut temperature given by Table 1.

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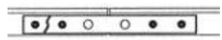
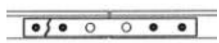
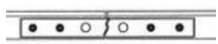
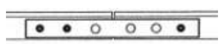
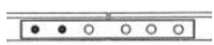
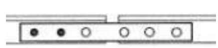
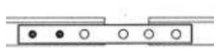
ATTACHMENT D

JOINT DEFECT GUIDELINES / MAXIMUM ALLOWABLE TEMPORARY SPEED RESTRICTIONS (TSR's)

Joint Defect Guidelines in CWR Track

Condition	FRA Part 213 Reference	Illustration****	Action
One Broken Joint Bar Not Between Middle Holes	§213.121(b) §213.121(e)		10F/15P MPH* (per FRA §213.9(b))
One Broken Joint Bar Between Middle Holes	§213.121(c)		Out of Service until Repaired (per FRA §213.9(b)) and Visually Supervise**
Both Joint Bars Broken Not Between Middle Holes	§213.121(b) §213.121(e)		10F/15P MPH* (per FRA §213.9(b))
Both Joint Bars Broken Between Middle Holes	§213.121(c)		Out of Service until Repaired (per FRA §213.9(b))and Visually Supervise**
Less than Two Bolts in Rail End	§213.121(e)		10F/15P MPH* (per FRA §213.9(b))
Unbolted Rail End Pulled Apart 1-1/2" - 2"	§213.121(e)		Inspect (per FRA §213.9(b)) Repair within 24 hrs.
Unbolted Rail End Pulled Apart 2" - 4"	§213.121(e)		Visually Supervise** Must maintain continuous communications w/train crew (per FRA §213.9(b)) Repair within 24 hrs.
Unbolted Rail End Pulled Apart >4"	§213.121(e)		Out of Service until Repaired

Notes:

* All speeds shown are maximum allowable. Qualified employees may impose more stringent remedial action (FRA §231.7(a)(b)(c)(d)), depending on the presence of a combination of defects or particular site conditions.

** "Visually supervise" means that an employee qualified under FRA §213.7(a)(b)(c) must observe each operation over the defect and/or in accordance with FRA §213.7(d).

*** Solid circle is bolt hole with bolt. Open circle is bolt hole without bolt.

****Track surface and joint tie conditions shall be considered when determining temporary slow order (TSO) maximum speeds.

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ATTACHMENT E

PREPARATION OF FORMS

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FORM "TD"
REPORT OF DISTURBANCE OF CWR TRACK

Part A: CWR Track Disturbance Due to Track Work					
Route:		**Date:**		**Rail Temp**	**Time:**
M.P. Location From:		**To:**		**Track No:**	
Type of Work Performed:					
Additional Repairs Required:					
Remedial Action Required:					
Part B: Rail Cut Or Service Failure in CWR Territory					
Route:		**Date:**		**Rail: North / South / East / West**	
M.P. Location From:		**To:**		**Track No:**	
Type of Work Performed:					
Additional Repairs Required:					
Remedial Action Required:					
Operating Railroad Employee (Print):					
Operating Railroad Employee (Signature):					

ATTACHMENT E

INSTRUCTIONS FOR PREPARATION OF THE REPORT OF DISTURBANCE OF CWR TRACK (FORM "TD")

A report of disturbed track , Form "TD", shall be made out as required by Section 10.0. The report will be completed and signed by the Contractor/Operating Railroad Employee in charge of the work as follows:

Part A - This part will be completed in its entirety any time heavy maintenance work is performed on CWR track. See Section 6.0, "Trackwork that Disturbs CWR Track and the Protection of Disturbed Track" for the information required on Form "TD", Part A.

Part B - This part will be completed any time main track CWR is cut or broken and/or there is a service failure.

A. See Section 5.0, "Maintenance of the Desired Rail Neutral Temperature in Previously Installed CWR" for the information required on Form "TD", Part B.

B. See Attachment C, "Recommended Procedures for Readjusting Continuous Welded Rail (CWR), After a Break, Pull-Apart (Service Failure) or Cut Below the Target Rail Laying Temperature (105°F)" for the information required on Form "TD", Part B.

C. See Attachment A, "Determination of Estimate of Pre-Break/Pre-Cut Neutral Temperature for a Service Failure in CWR" for the information required on Form "TD", Part B.

Parts A & B

A. Form "TD" shall be filled out in accordance with Section 10.0, "Reporting Requirements for CWR Track."

B. Form "TD" shall be filled out and kept by the Operating Railroad in accordance with Section 11.0, "Record Keeping."

FORM "TM"
REPORT OF TRACK MOVEMENT: CURVES ≥3°

Route:		**Type of Work Performed*:**		**Surfacing** ☐ **Install Ties** ☐		**Date of Work:**	
M.P. Location :	**From:**		**To:**			**Track No:**	
Curve No:			**Degree of Curve:**			**Elevation:**	
Rail Temperature at which Surfacing Tie Installation was Done:							

Distance from Reference
(Reference Points Must be no Further than 200 ft. apart):

Reference Point Number	Location of Reference Point	Before Work	After Work	Movement	Within 7 Days	Movement
TS (Tangent to Spiral Tag)						
SC (Spiral to Curve Full Body Tag)						
Additional Full Body Tag As Required**						
Additional Full Body Tag As Required**						
CS (Curve to Spiral Full Body Tag)						
ST (Spiral to Tangent Tag)						
Uniform Movement	----------	----------				

***Types of work that requires a Form "TD." Out-of-face surfacing and alinement and installing more than 540 ties per mile.**

Railroad Employee Making Measurements (Print Name): ____________________

Railroad Employee Making Measurements (Signature): ____________________

Railroad Employee in Charge of Surfacing (Print Name): ____________________

Railroad Employee in Charge of Surfacing (Signature): ____________________

**Use additional sheets if the number of stations exceeds the number of lines.

ATTACHMENT E

INSTRUCTIONS FOR PREPARATION OF THE REPORT OF TRACK MOVEMENT DUE TO SURFACING OR OUT-OF-FACE TIE RENEWAL (FORM "TM")

(a) In curves of 3° or over, prior to the start of high speed surfacing, or installing more than 540 ties per mile, the Operating Railroad and/or Contractor shall set reference points each curve at the locations given on Form "TM" along the gage side of the high rail of the curve.

In no case may the points be more than 200' apart.

(1) In no case will the points be more than 200' apart.

(2) In addition, offset stakes shall be set at each of the reference mark locations. These stakes will be set to the outside (high side) of the track, and out of the way of regulators or other equipment.

(3) In multiple track locations, a mark on the high rail or a tack in a tie on an adjacent and/or parallel track, may be used as an offset location.

(4) Adjacent and/or parallel tracks may be used for offset locations only if the track is not to be disturbed or will have any maintenance work performed when it is being used as for offset locations.

(5) Initial measurements shall be made from the reference points to the offset locations before any heavy maintenance work (The "Work") is performed and shall be recorded on Form "TM".

(b) Immediately after completion of the Work, the Operating Railroad Employee in charge of the track surfacing or tie installation will again measure and record the distances from the reference point to the offset locations. Both the distances and any movement shall be recorded on Form "TM".

(c) Within seven days after the Work, the Operating Railroad will again measure and record the distance from the reference point to the offset locations. Again, both distances and movement shall be recorded on Form "TM".

(d) If the curve has moved and/or chorded in at any location is 3" or more ($\geq$3"), the curve shall be distressed by lining out and/or distressing the rail prior.

(e) The lining out of the curve and/or distressing of the curve shall be accomplished before:

(1) If the ambient temperature is greater than 80°F (rail temperature greater than a temperature of 110°F), no work shall be done unless it is an emergency or as directed by MassDOT Rail and Transit Division and; or

(2) If the ambient temperature and/or rail temperature is less than 40°F, all work will be suspended unless it is an emergency or directed by the MassDOT Field Representative.

(f) **Temporary Speed Restriction:** A temporary speed restriction (TSR) shall be placed if the curve has moved inward 3" or more in accordance with Section 6(e), until the curve is lined out and/or distressed. The curve will be considered to have lost its neutral temperature if movement is recorded as given below:

Curves 3° and Over	Measured Curve Movement that Requires Lining Out the Curve and/or Distressing the Rail
	3" or greater ($\geq$3") to the inside

FORM "JE"
REPORT OF JOINT ELIMINATION BY FIELD WELDING
THERMITE (T) / FLASH BUTT (FB)

Track Name/No.	Rail (N/S/E/W)	MP	Rail Weight	Date/ Weld No.	Field Weld Type[(2)]	Mold Date	Portion Date	Weld Company/ Welder's Name	Weather/ Rail Temp °F	Rail Cut Out / or Consumed and/or Added (Inches)	Remarks	Weld Inspections			Results
												Date Inspected	Inspection Company	Test Results	

Notes:
(1) Reason for weld:
- EJ – Eliminate Joint
- EPR – Eliminate Plug Rail
- EDW – Eliminate Defective Weld
- RNT – Increase Rail Neutral Temperature

(2) Field Weld Types:
- T – Thermite
- FB – Flash butt

(3) A Form "TD" shall be made out when rail is cut and/or broken.

Operating Railroad Contractor's Signature: ______________________________ **Date:** ______________

Operating Railroad Contractor's Name (Print): ______________________________

ATTACHMENT E

INSTRUCTIONS FOR THE PREPARATION OF THE REPORT OF JOINT ELIMINATION BY FIELD WELDING (FORM "JE")

(a) A Report of Joint Elimination by Field Welding shall be made out as required in Section 10.0. The report shall be completed by the Contractor/Operating Railroad Employee in charge of the work.

FORM "RC"
REPORT OF RAIL CLIPPING/ANCHORING

Operating Railroad/Contractor:	**Weather:**
Line Segment:	**Copy sent to MassDOT Rail and Transit Division (Yes/No)"**

Date	Rail[6]	String Number	Start MP	End MP	String Length (Feet)	Rail Temp (°F)[(1)]	Required Temp. Change (°F)[(2)]	Required Expansion (Inches)[(3)]	Method of Expansion[(5)]	String Vibrated (Y/N)	Time Started/ Finished Clipping	Actual Expansion Recorded (Inches) Obtained at ¼ Points[(4)]				Notes
												1/4	1/2	3/4	Full	

Notes:
(1) Temperature to be measured with approved rail thermometer.
(2) Required temperature change in °F is preferred RNT of 105°F minus the actual rail temperature at the time of expansion.
(3) See formula and table on reverse side of Form.
(4) After string is anchored and/or clipped.
(5) Method of Expansion: Natural (N); Rail Heater (RH); Rail Puller (RP); Cooled (C).
(6) Rail locations" N, S, E, W

Operating Railroad Contractor's Signature: ______________________________ **Date:** ______________

Operating Railroad Contractor's Name (Print): ______________________________

ATTACHMENT E

INSTRUCTIONS FOR THE PREPARATION OF THE REPORT OF RAIL CLIPPING/ANCHORING (FORM “RC”)

Formula for Coefficient of Linear Expansion of Rail:

$A = 0.000078 \times (T_D - T_E) \times L$

A	=	Adjustment or Required Expansion amount for rail string (in inches)
T_D	=	Desired RNT which should be 105°F if possible as conditions permit
T_E	=	Existing or Actual Rail Temperature (°F) prior to heating or expansion measured with an approved rail thermometer
L	=	Length of string to be adjusted (in feet)

Calculations:

Change in Rail Length Due to Change in Rail Temperature

A = Change in Rail Length in Inches = 0.000078ΔT x L
L = Length of Rail to be Expanded in Feet
ΔT = Change in Temperature in Degrees Fahrenheit: Desired RNT minus Actual Rail Temperature

Length of Rail (ft)	Change in Temperature in Degrees Fahrenheit															
	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80
	Change in Rail Length in Inches															
100	1/8	1/8	1/8	1/4	1/4	1/4	3/8	3/8	3/8	1/2	1/2	1/2	5/8	5/8	5/8	5/8
200	1/8	1/4	1/4	3/8	1/2	1/2	5/8	5/8	3/4	7/8	7/8	1	1-1/8	1-1/8	1-1/4	1-1/4
300	1/8	1/4	3/8	1/2	5/8	3/4	7/8	1	1-1/8	1-1/4	1-3/8	1-1/2	1-5/8	1-3/4	1-7/8	1-7/8
400	1/4	3/8	1/2	5/8	7/8	1	1-1/8	1-1/4	1-1/2	1-5/8	1-3/4	1-7/8	2-1/8	2-1/4	2-3/8	2-1/2
500	1/4	1/2	5/8	7/8	1	1-1/4	1-3/8	1-5/8	1-7/8	2	2-1/4	2-3/8	2-5/8	2-3/4	3	3-1/8
600	1/4	1/2	3/4	1	1-1/4	1-1/2	1-3/4	1-7/8	2-1/8	2-3/8	2-5/8	2-7/8	3-1/8	3-3/8	3-5/8	3-3/4
700	3/8	5/8	7/8	1-1/8	1-3/8	1-3/4	2	2-1/4	2-1/2	2-3/4	3-1/8	3-3/8	3-5/8	3-7/8	4-1/8	4-3/8
800	3/8	5/8	1	1-1/4	1-5/8	1-7/8	2-1/4	2-1/2	2-7/8	3-1/8	3-1/2	3-3/4	4-1/8	4-3/8	4-3/4	5
900	3/8	3/4	1-1/8	1-1/2	1-7/8	2-1/8	2-1/2	2-7/8	3-1/4	3-5/8	3-7/8	4-1/4	4-5/8	5	5-3/8	5-5/8
1000	1/2	7/8	1-1/4	1-5/8	2	2-3/8	2-3/4	3-1/8	3-5/8	4	4-3/8	4-3/4	5-1/8	5-1/2	5-7/8	6-1/4
1100	1/2	7/8	1-3/8	1-3/4	2-1/4	2-5/8	3-1/8	3-1/2	3-7/8	4-3/8	4-3/4	5-1/4	5-5/8	6-1/8	6-1/2	6-7/8
1200	1/2	1	1-1/2	1-7/8	2-3/8	2-7/8	3-3/8	3-3/4	4-1/4	4-3/4	5-1/4	5-5/8	6-1/8	6-5/8	7-1/8	7-1/2
1300	5/8	1-1/8	1-5/8	2-1/8	2-5/8	3-1/8	3-5/8	4-1/8	4-5/8	5-1/8	5-5/8	6-1/8	6-5/8	7-1/8	7-5/8	8-1/8
1400	5/8	1-1/8	1-3/4	2-1/4	2-3/4	3-3/8	3-7/8	4-3/8	5	5-1/2	6-1/8	6-5/8	7-1/8	7-3/4	8-1/4	8-3/4
1440	5/8	1-1/8	1-3/4	2-1/4	2-7/8	3-3/8	4	4-1/2	5-1/8	5-5/8	6-1/4	6-3/4	7-3/8	7-7/8	8-1/2	9
1600	5/8	1-1/4	1-7/8	2-1/2	3-1/8	3-3/4	4-3/8	5	5-5/8	6-1/4	6-7/8	7-1/2	8-1/8	8-3/4	9-3/8	10

FORM "CWR"

REPORT OF SEMI-ANNUAL INSPECTION (SPRING/FALL) OF CWR TRACK

Operating Railroad/Contractor:	**Weather:**
Line Segment:	**Copy sent to MassDOT Rail and Transit Division (Yes/No):**

Track No.	Rail (N/S/E/W)	MP (Start)	MP (Finish)	Ties		Ballast		Anchors			Longitudinal Rail Movement					Remarks/ Remedial Action Required
				Type	Condition	Crib	Shoulder	Type	Pattern	Position	Turnouts	Crossovers	Grade X-ings	Open Deck Bridges	Other	

Operating Railroad Contractor's Signature: ______________________________ **Date:** ______________

Operating Railroad Contractor's Name (Print): ______________________________________

ATTACHMENT E

**INSTRUCTIONS FOR THE PREPARATION OF THE
REPORT OF SEMI-ANNUAL INSPECTION (SPRING/FALL) OF CWR TRACK**

(FORM "CWR")

(a) A Report of Semi-Annual Inspection (Spring/Fall) of CWR Tack shall be filled out as required in Section 10.0. The report shall be completed by the Operating Railroad Employee making the inspection.

ATTACHMENT F

TORCH CUTTING RAIL (FIGURE/REMARKS)

(a) General: Cutting Continuous Welded Rail (CWR) In Compression:

(1) Cut rail with a torch any time the existing rail temperature is suspected of being above the Rail Neutral Temperature (RNT) and/or the rail is in tension.

(2) Rail in compression has many forms to include:

(i) Tight rail

(ii) Nervous/wavy rail

(iii) Kinky rail

(iv) Misaligned track

(v) Buckled track

(3) The area where the rail is in compression may exhibit the following characteristics:

(i) Rail is lifting out of the tie plates; or,

(ii) Rail is bunching and/or crowding shoulders of the tie plates; or,

(iii) Rail is moving longitudinally in anchors and/or elastic fasteners; or,

(iv) Ties are skewing; or,

(v) Crib and/or shoulder ballast is pushing due to longitudinal and/or lateral track movement; or,

(vi) There are numerous consecutive high spikes; or

(vii) The rail appears to be kinking; or

(viii) One rail appears to be straighter than the other opposite rail; or

(ix) There is noticeable variation in track gage.

(b) The Contractor and Operating Railroad shall have their own specific Safety Procedures developed for torch cutting rail.

(c) The Contractor and/or Operating Railroad shall designate personnel that are qualified and are trained on an annual basis to torch cut rail using the above Safety Procedures.

(d) Minimum Recommended Procedures When Torch Cutting CWR:

(1) Locate the area where the rail appears to be in compression; and

(2) If the track is already misaligned and/or buckled:

(i) Line track out at misalignment and/or buckle to reduce compressive stresses in the rail; and

(ii) Make cut away from misalignment and/or buckle area to make cut in an area of potentially reduced compressive forces.

(3) In all cases, make the torch cut, as shown below, before removing any spikes, lags or fasteners; and

(4) In all cases, make the torch cut, as shown below, before removing any joints and/or anchors or elastic fasteners; and,

(5) In all cases, make the torch cut in the rail as described and shown below.

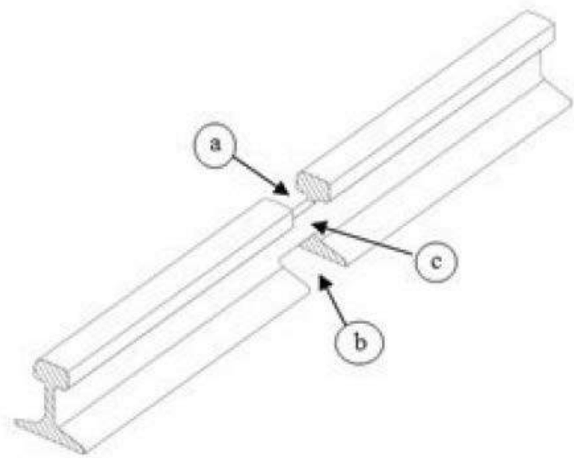
(e) Torch Cutting Rail In Compression: Use the so called “H” Pattern Method:

(1) First, cut and remove the rail head as shown in “a”; then

(2) Second, cut and remove both sides of the base as shown in “b”; then

(3) Third, cut and remove the remaining portion of the web from the top of the web near the rail head towards the base of the rail as shown in “c”.

(4) Note: Removing the rail head and then both sides of the rail base, before removing the web of the rail, is preferred, in order, if possible, to minimize excessive vertical and/or lateral movement of the rail when the rail is cut.



(f) After Torch Cutting Rail:

(1) If the rail that is torch cut is to be field welded and/or jointed:

(i) Trim or cut back the torch cut rail ends with a rail saw.

(ii) Remove all indication of the torch cut and/or heat affected zone which can be accomplished by:

- Cutting back a minimum of 2" behind the torch cut on each rail end (AREMA Chapter 4); and/or
- Cutting back the heat affected zone from behind the torch cut on each rail end;
- Use whichever cut back amount is larger.

(iii) Also see Attachment B, Paragraph (g) “Torch Cutting CWR in Track.”

APPENDIX B

UNDERBALANCE TABLES
MAXIMUM ALLOWABLE OPERATING SPEED ON CURVES

APPENDIX B

UNDERBALANCE TABLES
MAXIMUM ALLOWABLE OPERATING
SPEED ON CURVES

Notes:

(a) The enclosed tables can be used to determine V_{max} in accordance with FRA §213.57.

(b) The Chief Engineer shall maintain a list of curves and the designated “underbalance” to be used.

(c) To operate at speeds which use “underbalance” greater than 3", the equipment must be qualified and approved by the Federal Railroad Administration.

(d) The Chief Engineer shall authorize all elevations in excess of 4".

Table 1.
Maximum Allowable Operating Speed on Curves
Underbalance = 3" (E_u)

Degree Curve (D)(1)	Degree Curve (D)(2)	Superelevation in inches (E_a)			
		0-0	0-1/4	0-1/2	0-3/4
		Speed in Miles Per Hour (V_{max})			
0° 10'	0.17	90	90	90	90
0° 20'	0.33	90	90	90	90
0° 30'	0.50	90	90	90	90
0° 40'	0.67	80	83	86	89
0° 50'	0.83	71	74	77	80
1° 00'	1.00	65	68	70	73
1° 15'	1.25	58	60	63	65
1° 30'	1.50	53	55	57	59
1° 45'	1.75	49	51	53	55
2° 00'	2.00	46	48	50	51
2° 15'	2.25	43	45	47	48
2° 30'	2.50	41	43	44	46
2° 45'	2.75	39	41	42	44
3° 00'	3.00	37	39	40	42
3° 15'	3.25	36	37	39	40
3° 30'	3.50	34	36	37	39
3° 45'	3.75	33	35	36	37
4° 00'	4.00	32	34	35	36
4° 15'	4.25	31	33	34	35
4° 30'	4.50	30	32	33	34
4° 45'	4.75	30	31	32	33
5° 00'	5.00	29	30	31	32
5° 30'	5.50	27	29	30	31
6° 00'	6.00	26	27	28	29
6° 30'	6.50	25	26	27	28
7° 00'	7.00	24	25	26	27
7° 30'	7.50	23	24	25	26
8° 00'	8.00	23	24	25	25
8° 30'	8.50	22	23	24	25
9° 00'	9.00	21	22	23	24
9° 30'	9.50	21	22	22	23
10° 00'	10.00	20	21	22	23
10° 30'	10.50	20	21	21	22
11° 00'	11.00	19	20	21	22
11° 30'	11.50	19	20	20	21
12° 00'	12.00	18	19	20	21
12° 30'	12.50	18	19	20	20
13° 00'	13.00	18	18	19	20
13° 30'	13.50	17	18	19	19
14° 00'	14.00	17	18	18	19
14° 30'	14.50	17	17	18	19
15° 00'	15.00	16	17	18	18

(1) In degrees and minutes
(2) In decimals

Table 1.
Maximum Allowable Operating Speed on Curves
Underbalance = 3" (E_u)

Degree Curve (D)[1]	Degree Curve (D)[2]	Superelevation in inches (E_a)			
		1	1-1/4	1-1/2	1-3/4
		Speed in Miles Per Hour (V_{max})			
0° 10'	0.17	90	90	90	90
0° 20'	0.33	90	90	90	90
0° 30'	0.50	90	90	90	90
0° 40'	0.67	90	90	90	90
0° 50'	0.83	82	85	87	90
1° 00'	1.00	75	77	80	82
1° 15'	1.25	67	69	71	73
1° 30'	1.50	61	63	65	67
1° 45'	1.75	57	58	60	62
2° 00'	2.00	53	55	56	58
2° 15'	2.25	50	51	53	54
2° 30'	2.50	47	49	50	52
2° 45'	2.75	45	46	48	49
3° 00'	3.00	43	44	46	47
3° 15'	3.25	41	43	44	45
3° 30'	3.50	40	41	42	44
3° 45'	3.75	39	40	41	42
4° 00'	4.00	37	38	40	41
4° 15'	4.25	36	37	38	39
4° 30'	4.50	35	36	37	38
4° 45'	4.75	34	35	36	37
5° 00'	5.00	33	34	35	36
5° 30'	5.50	32	33	34	35
6° 00'	6.00	30	31	32	33
6° 30'	6.50	29	30	31	32
7° 00'	7.00	28	29	30	31
7° 30'	7.50	27	28	29	30
8° 00'	8.00	26	27	28	29
8° 30'	8.50	25	26	27	28
9° 00'	9.00	25	25	26	27
9° 30'	9.50	24	25	26	26
10° 00'	10.00	23	24	25	26
10° 30'	10.50	23	24	24	25
11° 00'	11.00	22	23	24	24
11° 30'	11.50	22	22	23	24
12° 00'	12.00	21	22	23	23
12° 30'	12.50	21	22	22	23
13° 00'	13.00	20	21	22	22
13° 30'	13.50	20	21	21	22
14° 00'	14.00	20	20	21	22
14° 30'	14.50	19	20	21	21
15° 00'	15.00	19	20	20	21

(1) In degrees and minutes
(2) In decimals

Table 1.
Maximum Allowable Operating Speed on Curves
Underbalance = 3" (E_u)

Degree Curve (D)[1]	Degree Curve (D)[2]	Superelevation in inches (E_a)			
		2	2-1/4	2-1/2	2-3/4
		Speed in Miles Per Hour (V_{max})			
0° 10'	0.17	90	90	90	90
0° 20'	0.33	90	90	90	90
0° 30'	0.50	90	90	90	90
0° 40'	0.67	90	90	90	90
0° 50'	0.83	90	90	90	90
1° 00'	1.00	84	86	88	90
1° 15'	1.25	75	77	79	81
1° 30'	1.50	69	70	72	74
1° 45'	1.75	63	65	67	68
2° 00'	2.00	59	61	62	64
2° 15'	2.25	56	57	59	60
2° 30'	2.50	53	54	56	57
2° 45'	2.75	50	52	53	54
3° 00'	3.00	48	50	51	52
3° 15'	3.25	46	48	49	50
3° 30'	3.50	45	46	47	48
3° 45'	3.75	43	44	45	46
4° 00'	4.00	42	43	44	45
4° 15'	4.25	40	42	42	43
4° 30'	4.50	39	40	41	42
4° 45'	4.75	38	39	40	41
5° 00'	5.00	37	38	39	40
5° 30'	5.50	36	36	37	38
6° 00'	6.00	34	35	36	37
6° 30'	6.50	33	33	34	35
7° 00'	7.00	31	32	33	34
7° 30'	7.50	30	31	32	33
8° 00'	8.00	29	30	31	32
8° 30'	8.50	28	29	30	31
9° 00'	9.00	28	28	29	30
9° 30'	9.50	27	28	28	29
10° 00'	10.00	26	27	28	28
10° 30'	10.50	26	26	27	27
11° 00'	11.00	25	26	26	27
11° 30'	11.50	24	25	26	26
12° 00'	12.00	24	25	25	26
12° 30'	12.50	23	24	25	25
13° 00'	13.00	23	24	24	25
13° 30'	13.50	23	23	24	24
14° 00'	14.00	22	23	23	24
14° 30'	14.50	22	22	23	23
15° 00'	15.00	21	22	22	23

(1) In degrees and minutes
(2) In decimals

Table 1.
Maximum Allowable Operating Speed on Curves
Underbalance = 3" (E_u)

Degree Curve (D)(1)	Degree Curve (D)(2)	Superelevation in inches (E_a)			
		3	3-1/4	3-1/2	3-3/4
		Speed in Miles Per Hour (V_{max})			
0° 10'	0.17	90	90	90	90
0° 20'	0.33	90	90	90	90
0° 30'	0.50	90	90	90	90
0° 40'	0.67	90	90	90	90
0° 50'	0.83	90	90	90	90
1° 00'	1.00	90	90	90	90
1° 15'	1.25	82	84	86	87
1° 30'	1.50	75	77	78	80
1° 45'	1.75	69	71	72	74
2° 00'	2.00	65	66	68	69
2° 15'	2.25	61	62	64	65
2° 30'	2.50	58	59	60	62
2° 45'	2.75	55	56	58	59
3° 00'	3.00	53	54	55	56
3° 15'	3.25	51	52	53	54
3° 30'	3.50	49	50	51	52
3° 45'	3.75	47	48	49	50
4° 00'	4.00	46	47	48	49
4° 15'	4.25	44	45	46	47
4° 30'	4.50	43	44	45	46
4° 45'	4.75	42	43	44	45
5° 00'	5.00	41	42	43	43
5° 30'	5.50	39	40	41	41
6° 00'	6.00	37	38	39	40
6° 30'	6.50	36	37	37	38
7° 00'	7.00	34	35	36	37
7° 30'	7.50	33	34	35	35
8° 00'	8.00	32	33	34	34
8° 30'	8.50	31	32	33	33
9° 00'	9.00	30	31	32	32
9° 30'	9.50	30	30	31	31
10° 00'	10.00	29	29	30	31
10° 30'	10.50	28	29	29	30
11° 00'	11.00	27	28	29	29
11° 30'	11.50	27	27	28	28
12° 00'	12.00	26	27	27	28
12° 30'	12.50	26	26	27	27
13° 00'	13.00	25	26	26	27
13° 30'	13.50	25	25	26	26
14° 00'	14.00	24	25	25	26
14° 30'	14.50	24	24	25	25
15° 00'	15.00	23	24	24	25

(1) In degrees and minutes
(2) In decimals

Table 1.
Maximum Allowable Operating Speed on Curves
Underbalance = 3" (E_u)

Degree Curve (D)[1]	Degree Curve (D)[2]	Superelevation in inches (E_a)			
		4	4-1/4	4-1/2	4-3/4
		Speed in Miles Per Hour (V_{max})			
0° 10'	0.17	90	90	90	90
0° 20'	0.33	90	90	90	90
0° 30'	0.50	90	90	90	90
0° 40'	0.67	90	90	90	90
0° 50'	0.83	90	90	90	90
1° 00'	1.00	90	90	90	90
1° 15'	1.25	89	90	90	90
1° 30'	1.50	81	83	84	85
1° 45'	1.75	75	76	78	79
2° 00'	2.00	70	71	73	74
2° 15'	2.25	66	67	69	70
2° 30'	2.50	63	64	65	66
2° 45'	2.75	60	61	62	63
3° 00'	3.00	57	58	59	60
3° 15'	3.25	55	56	57	58
3° 30'	3.50	53	54	55	56
3° 45'	3.75	51	52	53	54
4° 00'	4.00	50	50	51	52
4° 15'	4.25	48	49	50	51
4° 30'	4.50	47	47	48	49
4° 45'	4.75	45	46	47	48
5° 00'	5.00	44	45	46	47
5° 30'	5.50	42	43	44	44
6° 00'	6.00	40	41	42	42
6° 30'	6.50	39	39	40	41
7° 00'	7.00	37	38	39	39
7° 30'	7.50	36	37	37	38
8° 00'	8.00	35	35	36	37
8° 30'	8.50	34	34	35	36
9° 00'	9.00	33	33	34	35
9° 30'	9.50	32	33	33	34
10° 00'	10.00	31	32	32	33
10° 30'	10.50	30	31	31	32
11° 00'	11.00	30	30	31	31
11° 30'	11.50	29	30	30	31
12° 00'	12.00	28	29	29	30
12° 30'	12.50	28	28	29	29
13° 00'	13.00	27	28	28	29
13° 30'	13.50	27	27	28	28
14° 00'	14.00	26	27	27	28
14° 30'	14.50	26	26	27	27
15° 00'	15.00	25	26	26	27

(1) In degrees and minutes
(2) In decimals

Table 1. Maximum Allowable Operating Speed on Curves Underbalance = 3" (E_u)						
Degree Curve (D)[1]	**Degree Curve (D)[2]**	**Superelevation in inches (E_a)**				
		5	**5-1/4**	**5-1/2**	**5-3/4**	**6**
		Speed in Miles Per Hour (V_{max})				
0° 10'	0.17	90	90	90	90	90
0° 20'	0.33	90	90	90	90	90
0° 30'	0.50	90	90	90	90	90
0° 40'	0.67	90	90	90	90	90
0° 50'	0.83	90	90	90	90	90
1° 00'	1.00	90	90	90	90	90
1° 15'	1.25	90	90	90	90	90
1° 30'	1.50	87	88	89	90	90
1° 45'	1.75	80	82	83	84	85
2° 00'	2.00	75	76	77	79	80
2° 15'	2.25	71	72	73	74	75
2° 30'	2.50	67	68	69	70	71
2° 45'	2.75	64	65	66	67	68
3° 00'	3.00	61	62	63	64	65
3° 15'	3.25	59	60	61	62	62
3° 30'	3.50	57	58	58	59	60
3° 45'	3.75	55	56	56	57	58
4° 00'	4.00	53	54	55	55	56
4° 15'	4.25	51	52	53	54	55
4° 30'	4.50	50	51	51	52	53
4° 45'	4.75	49	49	50	51	52
5° 00'	5.00	47	48	49	50	50
5° 30'	5.50	45	46	46	47	48
6° 00'	6.00	43	44	44	45	46
6° 30'	6.50	41	42	43	43	44
7° 00'	7.00	40	41	41	42	42
7° 30'	7.50	39	39	40	40	41
8° 00'	8.00	37	38	38	39	40
8° 30'	8.50	36	37	37	38	38
9° 00'	9.00	35	36	36	37	37
9° 30'	9.50	34	35	35	36	36
10° 00'	10.00	33	34	34	35	35
10° 30'	10.50	32	33	34	34	34
11° 00'	11.00	32	32	33	33	34
11° 30'	11.50	31	32	32	32	33
12° 00'	12.00	30	31	31	32	32
12° 30'	12.50	30	30	31	31	32
13° 00'	13.00	29	30	30	31	31
13° 30'	13.50	29	29	29	30	30
14° 00'	14.00	28	29	29	29	30
14° 30'	14.50	28	28	28	29	29
15° 00'	15.00	27	28	28	28	29

[1] In degrees and minutes
[2] In decimals

APPENDIX C

GLOSSARY

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APPENDIX C

GLOSSARY

- A -

Adjusting/De-stressing
The procedure by which a rail's temperature is re-adjusted to the desired neutral temperature range. It typically consists of cutting the rail and removing rail anchoring devices, which provides for the necessary expansion, and then re-assembling the track.

Alignment – General
The physical appearance of the railroad as viewed from above, which consists of a series of straight lengths of track, referred to as tangents and spirals, connecting simple, compound or reverse curves.

Alignment-Line
The condition of track in regard to uniformity of direction over short distances on tangents and in curves.

Aggregate
The sand, gravel, broken stone or combinations thereof with which the cementing material is mixed to form a mortar or concrete. The fine material used to produce mortar for stone and brick masonry and for the mortar component of concrete is commonly termed "fine aggregate," while the coarse material used in concrete only is termed "course aggregate."

- B -

Ballast
Select material placed on the roadbed to support and hold track in line and surface. Ballast preferably consists of sized hard particles that distribute the load, drains well and maintains proper line and surface.

Ballast Cleaning
The process of separating contaminants from the ballast by shaking and then depositing stone back onto the track.

Ballast Section
The cross section of a track between and under the crossties and between the ballast shoulders.

Ballast Shoulder
The portion of ballast between the end of the tie and the bottom of the ballast slope. It distributes the traffic load over a greater width of roadway and helps hold the track in alignment by providing lateral resistance.

Bar - Joint
Bars that are used to physically connect two rail ends and ensure proper rail head and gage face alignment. Also called a joint bar.

Batter - Rail
Deformation of the surface of the rail head, usually close to the end of the rail, caused generally by wheel impact loads.

Braking Force
The longitudinal and lateral force induced into the rail as a result of the brake application of a train.

Bridge - Ballast Deck
A bridge with a solid floor provided with drains and covered with ballast to provide uniform support for track.

Bridge Timber
A sawed tie usually pre-framed on all four sides and of the size and length required for track on an open deck bridge.

Buckling Incident
The formation of a lateral misalignment sufficient in magnitude to cause a general instability of track which may constitute a deviation from Class requirements specified in §213.55 of Part I. These normally occur when rail temperatures are relatively high and are caused by high longitudinal compressive forces.

- C -

Cant
Tilt or inclination of the base of the rail. Canting of the rail is achieved with the use of a tie plate or rail seat designed to cant the rail inward towards the center-line of track and should be installed accordingly. Typical cant is 1:40.

Clip
An elastic fastener that is applied parallel or perpendicular to the base of the rail and replaces and eliminates the need for a cut spike and anchor. A clip can be used on wood or concrete ties.

Clip - Switch
The device by which the switch rod is joined to the switch points. It is normally connected to the switch points by bolts protected by cotter keys or pins. It sometimes has staggered bolt holes in the horizontal leg for making detailed adjustments in the positions of the switch points.

Closure Rail
The lead rails connecting the heel end of the switch with the toe ends of a frog.

Coefficient of Thermal Expansion – Rail
A multiplier based on the physical properties of rail steel used to calculate the change in rail length with change in temperature. The coefficient is 0.000078 when the length of the rail is in feet.

Compression
A uniform axial force within the rail caused by equal and opposite forces pushing at the ends of the rail.

Compromise Joint Bar
See Joint Bar – Compromise

Continuous Welded Rail (CWR)
Rail that has been welded together into lengths exceeding 400 feet. See Part I, §213.119.

Crossing – At Grade (Highway)
A crossing or intersection of a railroad and a highway at the same level or grade.

Crossing – At Grade (Track)
A structure, used where one track crosses another at grade, which consists of four connected frogs. Crossing angles can be defined as:

Low angle:	Up to and including 30°
Medium angle:	31° to 60°
High angle:	61° to 90°

Crosslevel
The difference in elevation between the rails at the same location.

Crossover
Two turnouts with the track connected at their frogs, arranged to form a passage between two nearby and generally parallel tracks.

Curvature - Degree of
A measure of the sharpness of a simple curve where a 1" offset at the mid-point of a 62' chord is equal to 1°.

Curve - Compound
A curve composed of two or more simple curves that are joined by easement spirals and that lead in the same general direction (i.e., to left or right, but each with different radii).

Curve - Reverse
A curve composed of two simple curves that are joined by a common tangent point or by a short tangent track which bear in opposite directions.

Curve - Simple (Horizontal)
A curve in the form of a circular arc that is bounded by two tangents. By definition these curves do not have spirals and may be found in yards and on secondary track.

Curve - Vertical
A curve in the profile of a track to connect intersecting grade lines and to permit safe and smooth operation of trains over summits and across sags.

- D -

Derail
A track device to guide rolling stock off the rails at a selected spot and divert the rolling stock away from the track that is being protected. Derails provide protection against collisions or side swipes. Derails are generally of three kinds: the “split switch,” the “sliding block,” and the “hinged block” type.

Derailment
Anytime a wheel of a car or engine comes off the head of the rail.

Desired Rail Installation Temperature Range (DRTR)
The rail temperature range, within a specific geographical area, at which forces in CWR should not cause a buckling incident in extreme heat, or a pull apart during extreme cold weather. Definition from FRA Part 213, §213.119(g).

Deviation
Difference between a design or published standard and actual measurement at any one location.

Disturbed Track
The disturbance of the roadbed or ballast section, as a result of track maintenance or any other event, which reduces the lateral and longitudinal resistance of the track.

Dynamic Train Loading
Vertical, horizontal and longitudinal forces that are imparted to the track structure during the passing of a train due to wheel action and vehicle response.

- E -

Elastic Rail Fastener
A rail hold down system that secures the running rail to wood or concrete ties and/or a concrete slab. The fastener uses rail clips and a base plate with or without resilient pads. This system provides lateral, longitudinal and vertical rail restraint during the passage of trains. (See additional information under “Rail Fastening System.”)

Engine Burn
Damage to the rail head metal caused by slipping or “spinning” powered wheels. Engine burn fracture is a rail break caused by an engine burn.

Expansion Joint
A device that allows thermal movement in rail to be relieved by allowing the rail on one side of the joint to freely expand and contract. Often installed on the approaches to moveable bridges so that thermal forces and movements in continuous welded rail adjacent to the bridge cannot be transferred into the bridge or the miter rail assembly, where it could jam and prevent needed movement.

- F -

Facing Point
A facing point move is one where the rail vehicle moves over the switch points and then the frog.

Federal Railroad Administration (FRA)
A government agency in the U.S. Department of Transportation.

Fishing Space
Space between the head and base of a rail occupied by a splice bar (angle bar, joint bar).

Flangeway
Measured space between running rail, guard rail, frog casting, frog wing rail and road crossing to provide clearance for passage of wheel flanges.

Flow of Metal (Rail)
Deformation of the top of the rail head on the crown of a rail toward the gage or field side. Common on the low side of a curve where trains run at less than balanced speed.

Fracture – Detail
A progressive transverse fracture originating in the head of a rail.

Frog
A device used where two running rails intersect, with flangeways to permit wheels and wheel flanges on either rail to cross one another.

Frog – 1/2" Point
The 1/2" point of frog is the point at which the spread between gage lines is 1/2". All measurements in the field are usually made from the 1/2" point of frog.

Frog – Railbound Manganese (RBM)
A frog assembly that consists of wing rails surrounding a manganese casting with a rigid frog point and flangeways. A conventional guard rail is used with this type of frog.

Frog – Self-Guarded (SGM)
A frog with a guard member for guiding the flange of a wheel past the point of frog by engaging the tread rim of the wheel in a horizontal plane above the top of the running surface of the frog. This makes a conventional guard rail unnecessary.

Frog – Spring
An appliance that contains, among other things, a fixed frog point, a moveable spring wing rail, a rigid wing rail, frog hold-down assemblies, and spring box. The frog makes use of a long guard rail (on the straight side). The spring frog design provides a continuous bearing surface for the wheel tread as it traverses through the frog point area on the straight side of the turnout.

Frog – Theoretical Point
The theoretical point of the intersection of the gage lines. The theoretical frog point is at a distance, in inches, ahead of the 1/2" point which is equal to one-half the frog number (i.e., number 10 frog is 5").

Frog – Throat of
Point at which the converging wings of a frog are closest together.

Frogs – End
The two frogs at the opposite ends of the long diagonal of a crossing or slip.

Frog Angle
Angle formed by intersecting gage lines of the rails in a frog.

Frog Number
The frog angle expressed as the number of units of centerline length in which the spread is one unit (i.e., 10:1 is a number 10 frog).

- G -

Gage Line
A line 5/8" below the running surface of a rail on the side of the head nearest the track center. The line from which measurements of gage are made.

Gage of Track
Distance between gage lines of rails laid in track.

Gage Rod
A device for holding track to correct gage, generally consisting of 1-1/4" rod with a forged jaw on one end and a malleable jaw on the other end, adjustable through a locknut. Sometimes consists of a rod made in two parts with a solid jaw on each end, united by a turnbuckle.

Gaging of Track
Bringing the rail heads of a track into their correct distance apart.

Grade
Rate of rise or fall of the grade line, expressed as a percentage of the feet of rise or fall per 100' of length. A steady rise or fall of 1' per 100' is a 1% grade.

Grade Line
The line representing top-of-rail elevations and the profile of the track.

Grade Rail
The rail first surfaced to track elevation; the line rail on tangents, the inner or low rail on curves.

Guard Rail - Frog
A rail section assembly used in a turnout with a railbound manganese (RBM) frog, spring rail frog, or in track crossings. The guard rail is designed to guide the wheel set through the proper flangeway of the frog. The guard rail prevents the wheel flange from wearing, striking or picking the frog point.

Guard Rail – Inner Track
An additional rail or rails laid parallel to and between the running rails of bridges, bridge approaches, and at other critical locations to prevent derailed equipment from striking a bridge or other structure and to keep the derailed wheels on the ties of the bridge.

Guard Rail – Outer Track
Additional timber laid parallel to the running rails of long-span viaducts.

- H -

Head Block - Switch
Ties used to support the switch-point operating mechanism (powered or unpowered) and the switch stand.

Head or No. 1 Rod
The switch rod nearest the point of a switch, usually placed between the two head block ties.

Heel Block - Fixed
A rigid heel block assembly at the switch heel to maintain the proper horizontal heel spread between the switch rail and stock rail. The heel block limits the amounts of longitudinal movement between the switch point and stock rail. The heel block is bolted to the switch rail and stock rail.

Heel Block - Floating
An assembly at the switch heel to maintain the proper horizontal heel spread between the switch rail and stock rail. If the assembly is bolted to the switch rail only, the switch heel "floats" and is called a floating heel block.

Heel Length - Frog
Distance between the heel end and half-inch point of a frog measured along gage lines.

Heel of Frog
The end of a frog farthest from the switch point.

Heel of Switch
The end of the switch where the switch point connects to the closure rails (see Heel Block – Fixed and Floating). The heel of the switch can be either fixed to the stock rail or allowed to float freely.

Heel Spread - Frog
Distance between gage lines at the heel end of a frog.

Heel Spread - Switch
The distance between the gage lines of the stock rail and switch rail at the heel of the switch.

Highway-Crossing Warning Devices (Active)
An arrangement of one or more highway-crossing signals, with or without gates at a highway grade crossing.

- I -

Interlockings
An arrangement of signals, switch locks, and signal appliances so interconnected that their movements succeed each other in a predetermined order. It may be operated manually or automatically.

- J -

Joint Bar
A steel angle bar or other shape used to fasten together the ends of rails in a track. They are used in pairs and are designed to fit the space between head and base of rail (fishing space) closely. They are held in place by track bolts. Also called angle bar, rail joint bar and splice bar.

Joint Bar – Compromise
A special rail joint, sometimes called a step joint, for joining rails of different sections. The joint is made so that it brings gage faces and rail heads into line so that a continuous smooth surface is present for the treads and flanges of passing wheels. The hand of a compromise joint is designated by standing in the gage of track at the small rail section looking or facing towards the heavier rail section to be joined or compromised. In this location in track, the right hand compromise joint is on the right and left hand is on the left. A compromise joint is described by indicating the heavier rail section and then the light rail section to be compromised (i.e., 136/115).

Joint – Frozen
A joint so tight that the rails cannot move within the joint bar as temperature varies.

Joint – Insulated
A rail joint designed to prevent the flow of electric current from rail to rail by means of insulation so placed as to separate the rail ends and other connecting metal parts at the joint.

Joints – Supported and Suspended
A supported rail joint has a tie directly under the rail ends. A suspended joint is one in which ends of the rail joint are not resting on a tie.

Joint Tie
A cross tie used under a rail joint.

- L -

Latch - Switch Stand
A device for catching and holding the lever of switch stand in position, also called a switch keeper. Two latches are used at each switch stand.

Lateral Acceleration
The horizontal acceleration experienced by a rail vehicle that is perpendicular to the direction of travel. Lateral acceleration is a measure of ride quality and measured in units of ft./sec^2(g).

Lateral Resistance
The ability of the track structure to remain in position under the influence of in-service forces that are generated in a plane perpendicular to the line of the rail. Lateral resistance is a product of interaction of the ballast with the sides, bottom and end face of the tie.

Lead (Conventional)
The length between the actual point of switch and the 1/2" point of frog, measured on the line of the straight track.

Lead – Theoretical (Tangential)
The length between the actual point of switch and the theoretical point of a moveable point frog, measured on the line of the straight track.

Level Board
A tool used to determine the cross-level or super elevation of a track.

Lift Rail
The portion of a miter rail assembly that is attached to the moveable span of a moveable bridge. Sometimes called the bridge rail or moveable rail.

Line
The condition of a track in regard to uniformity in direction over short distances on tangents or uniformity in variation in direction over short distances on curves.

Line Rail
The rail on which alignment is based; the east rail of tangent track running north and south, the north rail of tangent track running east and west, the outer rail on curves, or the outside rails in multiple track territory.

Lining Track
Shifting the track laterally to conform to an established alignment. Maintenance lining is ordinarily done during repairs. Lining is done to make the track conform to predetermined alignment.

Longitudinal Resistance
The ability of the track structure to remain in position under the influence of train and temperature forces that run parallel with the rail. Longitudinal resistance is a product of the interaction of the ballast, the tie, rail anchors, rail clips and other elastic fasteners.

L/V Ratio
The relationship of lateral force on the rail to the vertical force on the rail, which is produced by the wheel of railroad rolling stock, locomotives, work equipment and other equipment moving along the track.

- M -

Maximum Authorized Speed (MAS)
That maximum speed for a portion of track as specified in the current Employee's Timetable.

Mechanical Stabilization
A procedure used to restore lateral and longitudinal stability of disturbed track following maintenance operations. This procedure may incorporate dynamic track stabilizers which are units of work equipment that are used as a substitute for the action provided by the passage of tonnage trains.

Middle Ordinate
The distance measured from gage line of rail to the middle of a string drawn taut and held to contact with the gage line of rail at its end. The middle ordinate provides a means of measuring curvature. Can also be used in bending rails to a desired curvature.

Miter Rail
A rail assembly on a moveable bridge that spans the gap between the moveable span and the adjacent stationary portion of the bridge. The miter rail typically consists of two pieces. One rail is stationary or fixed and attached to the non-moving portion of the bridge and the second rail is attached to and moves with the moving portion of the bridge.

The term miter is used because typically the abutting ends of the two portions of the miter rail assembly, rather than being cut square as in a conventional rail joint, are cut at an acute angle or "mitered" relative to each other. The miter can provide the wheels with continuous support over the rail gap.

Because one rail must be able to move relative to the other when the bridge is being opened, the abutting ends of the miter rail assembly are not bolted to each other as in a conventional rail joint, but rather sit in bed plates that align one end of the miter rail relative to the other.

Moveable Bridge
Any bridge span over a navigable waterway that can be moved to accommodate the passage of vessels taller than the normal underclearance of the bridge.

- N -

Neutral Temperature
The temperature at which rail is secured in a stress-free condition.

Neutral Temperature Management (See Appendix A)
Maintaining the condition of the track structure so that the neutral temperature of the rail remains within the acceptable neutral temperature range.

Number - Turnout
The number corresponding to the number of the frog used in a turnout.

- O -

Out-of-Face Surfacing or Lining (See Appendix A)
The continuous surfacing and/or lining of a piece of track greater than 200' in length.

Out-of-Face Tie Renewal (See Appendix A)
Tie replacement at the rate of more than six (6) ties per 39' of rail. Not more than two (2) consecutive ties nor more than six (6) ties per 39' of rail can be replaced in any one pass.

Out-of-Face Undercutting (See Appendix A)
Undercutting of more than two (2) consecutive ties or more than six (6) ties in 39' of track.

- P -

Post – Bumping
A device at the end of stub track to prevent rolling stock from going off the ends of the rails.

Preferred Rail Laying Temperature (PRLT)
The desired temperature (i.e., 95ºF) at which continuous welded rail (CWR) is to be laid. The PRLT is region-specific and is the temperature at which there will be no stress in the CWR.

Profile
A longitudinal section through a track that shows elevation of the grade rails. The profile is usually obtained from levels taken on top of the rail.

- R -

Rail - High
The outer or elevated rail of a curved track, which is maintained as the line rail.

Rail - Low
The inner rail of a curve which is maintained as the grade rail.

Rail – Nervous Track
CWR which exhibits minute alignment irregularities which indicate that the rail is in a considerable amount of compression.

Rail - Scrap
Rails of standard section not fit for use as relayer rail.

Rail Anchors
Those devices which are attached to the base of the rail and bear against the side of the crosstie to control longitudinal rail movement. Certain types of rail fasteners also act as rail anchors and control longitudinal rail movement by exerting a downward clamping force on the upper surface of the rail base.

Rail Bender
A tool for bending stock rails.

Rail Bond
A device used to transfer an electric circuit across rail ends at a rail joint or discontinuity in the rail.

Rail Brace
A device used at switches, moveable-point frogs, guardrails, etc., in combination with switch, tie or gage plates, for holding rail in place in the plate and preventing lateral displacement.

Rail Brand
An identification mark, including manufacturer's name or initials, month and year the rail was rolled, manufacturer's identification label, weight per lineal yard, initials of section, number of the heat, portion of the ingot and process of manufacture.

Rail Fastening System
The hold-down appliances that provide the required combination of horizontal, lateral and vertical restraint to permit the safe operation of rail vehicles. Examples of conventional systems found include the cut spike and rail anchor. Examples of elastic fastening systems include the Pandrol "e" clip, fast clip with a pin (lock spike) or lag screw.

Rail Joint - Pumping
A poorly supported rail joint that has excessive up and down movement under the passage of trains.

Rail Section
The pattern of dimensional details of rail, such as width of base, height of rail, thickness of web, width and thickness of head, angle of head and angle of base. Each particular pattern is identified by a brand name or symbol, such as ASCE, AREA, ARA, PRR, PS, etc., in addition to its weight per yard.

Rail Stretcher Expander
A rail puller/expander operated by hand or by machine that is used to increase or decrease the gap between adjoining rail ends.

Rail Temperature
The temperature of the rail, measured with a rail thermometer on the shaded side of the web.

Rail Weight
The weight of a three (3) foot-long section of rail expressed in pounds per yard.

Relay Material
Useable secondhand rail, ties or other track material (OTM).

Roadbed
The finished sub-grade surface upon which the track and ballast rest.

Rod - Operating
A rod attached to a switch, derail, or other device, for moving it from one position to another. The operating or throw rod can be reset to adjust the amount of throw occurring at the switch.

Running Rail
The rail or surface on which the wheel bears.

Runoff - Curve
The change in superelevation in the spiral/easement from the full body of a curve to tangent or between compound curves.

Runoff - Surface
An area of grade change in track where the raised portion of a track is connected with the existing grade. The runoff between the two elevations is made along the two rails at a designated rate of change per 31' station for comfort and safety.

- S -

Scrap
Rail, ties or other track materials (OTM) that are not suitable for reuse.

Screw - Lag
A cylindrical threaded steel spike with a square head designed to be turned with a special appliance into holes bored into ties.

Shim - Track
A bearing piece, usually wood or metal of various thickness, at least equal to the width and length of the tie plate, for temporary use between the tie plate and ties to raise (surface) the rail to a desired relative elevation. Usually used to spot surface a track when the roadbed is frozen and the ties cannot be tamped and surfaced.

Side Planing - Undercutting
Cuts made on sides of the head of the switch rail to form a taper from the full width of the head to the switch point. Also used in a stock rail to match undercut switch points.

Spot Surfacing (See Appendix A)
Surfacing a piece of track up to 200' in length.

Spot Tie Renewal (See Appendix A)
The installation of six (6) or less ties per 39' of rail with no more than two adjacent ties replaced in a row. The new ties must be promptly tamped and the ballast properly dressed.

Stock Rail
The two running rails that support the operation of the switch points. The straight stock rail is on the straight side of a lateral turnout The bent stock rail or curved rail is on the diverging side of the turnout. The switch points fit securely against or are undercut into the stock rail to permit the transfer of wheel load from the stock rail to the switch point. An equilateral turnout has two straight stock rails.

Stock Rail Bend
The bend or set that must be given the stock rail to allow the switch point to follow the gage line through the turnout. Usually, the stock rail on the diverging side of a turnout is bent. The opposite stock rail is straight .

Stringlining
A method for determining the alignment of a curve, by measuring mid-ordinates to the outer rail with string and paddles.

Sub-ballast
Any approved granular material which is placed between the ballast and finished sub-grade of the roadbed, to provide distribution of the load to the roadbed, better drainage, and prevent upheaval of the sub-grade by frost.

Sub-grade
The top of natural materials, gravel or crushed rock, usually inferior to ballast or sub-ballast, placed in fills or at the bottom of cuts that lie directly below the sub-ballast and ballast.

Superelevation – Equilibrium
The elevation of the outer rail which balances the centrifugal forces while negotiating a curve at a given design speed.

Superelevation
The height at which the outer rail is raised above the inner or grade rail on curves to resist the centrifugal force of moving trains.

Switch
A connection between two lines of track to permit flange wheeled rail vehicles to pass from one track to another.

Switch – Insulated
A switch in which the fixtures, principally the gage plates and the switch rods connecting one rail to the other, are provided with insulation so that electric currents will not be shunted.

Switch – Spiked/Clamped
A switch point that is secured in one position through the use of spikes, blocks and clamps.

Switch – Throw of
The distance measured between the switch point and stock rail at the point of switch.

Switch Heater
A device for melting snow with heat generated by an electric current, gas or propane. This device enables a switch which is so equipped to be thrown in inclement weather when there are accumulations of sleet, ice or snow.

Switch Lock
A fastener, usually a spring padlock used to secure the switch or derail stand in place.

Switch Machine
The signal appliance that powers and provides for the positive movement and locking of the switch points and/or moveable point frog to permit the safe, uninterrupted movement of rail vehicles through a turnout.

Switch Machine Rod Basket
The appliance that connects the operating rod to the No. 1 tie rod in the switch or to the frog point lug of a moveable point frog

Switch Obstruction Test
This test is used as part of the criteria to determine if the switch points in signal territory are properly fitting up against the straight and bent stock rails or if the moveable point of a moveable point frog fits against the moveable point frog housing. This test ensures that the proper signal indication is being conveyed as the points move and are seated.

Switch Plate
A special metal tie plate for use on switch ties, each plate being long enough to extend not only under the stock rail and its supporting braces, but also under the switch point in the open position. Switch plates are furnished in sets to correspond with switch length. There are two plates to each tie. However, at the point of switch and at helper locations, the two plates may be replaced by a gage plate(s) that carries both switch points. A type of high-profile switch plate used in some turnouts which contain two elastic clips to secure the stock rail to the switch plate.

Switch Point
The moveable rail of a switch which determines the direction of train movement.

Switch Point – Undercut
A switch point that is planed on the field side to fit securely against an undercut stock rail.

Switch Point Guard
A structure made of rail or manganese steel secured to the field side of the running rail at the point of switch, with suitable flares to engage the tread rims of wheels and guide the wheel past the switch point. This appliance is intended to reduce or eliminate switch point contact and wear. This appliance is to be used where operating speeds are 15 mph and less.

Switch Point Lug (Clips)
The lug attached to a switch point, to which the front rod is connected.

Switch Point with Graduated Risers
A switch in which the switch points are gradually elevated by means of graduated riser plates, until they reach the required height above a stock rail and sloping back to zero at the fixed heel block.

Switch Point with Uniform Risers
A switch in which the switch points have a uniform elevation on riser plates for the entire length of the switch, and therefore do not have a heel slope. The switch point rail rise is run off in back of the floating heel block.

Switch Rod
The rods that connect the left hand and right hand switch point to ensure proper gage, alignment and adjustment throughout the switch.

Switch Stand
A manually operated device by which a switch is thrown, locked, and its position indicated. It consists essentially of a base, spindle, lever, connecting rod and target.

Switch Target
A signal placed adjacent to or fixed on the spindle of a switch stand with reflective materials indicating the position of the switch.

- T -

Tension
An axial force caused by equal and opposite forces pulling at the ends of the rail.

Thimble (Insulated Joints)
The cylindrical pieces of an insulating joint that surround portions of the bolts.

Throat of Frog
The point at which the converging wing rails of a frog are close together just ahead of frog point.

Tie
A transverse support to which rails are fastened to keep them in line, gage and grade. Usually wooden or concrete.

Tie - Centerbound
Ballast condition where an unusually large percentage of the wheel load is carried at the center of the tie. This is an undesirable situation as compacted ballast under the rail seats should carry the load.

Tie Plate
A metal plate at least 6" wide and long enough to provide a safe bearing area on the tie, with a shoulder to restrain lateral movements of the rail.

Tie Plate - Twin
A tie plate in two parts that mate to form a combined width equal to that of the stand tie plate, for use back of the heel of switch to the point where standard tie plates may be applied.

Tie Plug
A wooden plug driven in to fill an unused spike hole or lag hole in a tie, to exclude moisture, prevent decay, and provide solid wood for re-driving of the spike. Usually supplied in the form of sticks containing several plugs.

Tie Spacing
The distances between tie centers in track or turnouts.

Toe End of Frog
The end of a frog nearest the switch.

Toe Spread
The distance between gage lines at the toe end of the frog.

Track
The rail, ties, rail fastenings, hardware and roadbed between points not less than 4' outside of each rail.

Track Buckling
The sudden formation of large lateral misalignments caused by high compressive forces, in the presence of some other influencing factors.

Track Lateral Resistance
The resistance provided to the rail/crosstie structure against lateral displacement.

Track Longitudinal Resistance
The resistance provided by the rail anchors/rail fasteners and the ballast section to the rail/crosstie structure against longitudinal displacement.

Track - Skeletonized
Track with ballast removed from the cribs between ties.

Track Spike (Cut Spike)
A rectangular metal fastener with an elliptical head designed to secure tie plates and/or rail to wood ties and timber.

Track - Surface
The condition of the track structure as to vertical evenness or smoothness.

Tractive Force
The longitudinal force induced into the rail as a result of the tractive effort exerted by the powered axles of rail vehicles.

Trailing Point
A trailing point move would pass over the frog and then the switch points.

Train-induced Forces
The vertical, longitudinal and lateral dynamic forces which are generated during train movement.

Transition Rail
A rail that joins two rails of different sections. It consists of two different rails flash butt welded to a middle forged section of rail. This rail is used in place of compromise bars.

Transition Spiral
An easement curve from the tangent to the curve.

Transpose Rail
Changing rail from one side to the other on curves because of headwear.

Turnout (TO)
An arrangement of a switch and a frog with closure rails, by which rolling stock can be diverted from one track to another.

Turnout (Premium Design)
A turnout that contains premium materials such as fully heat treated rail with elastic fasteners on wood and/or concrete ties. The design of premium turnouts may incorporate such things as tangential geometry, asymmetrical switch points and moveable point frogs or spring frogs.

Turnout – Conventional
A turnout whose transition from tangent to curve is abrupt because of alignment changes between the switch point and frog. These turnouts are usually constructed on wood ties, but can also be constructed on concrete ties. These turnouts usually have a “tee” rail switch point section and a self-guarded manganese (SGM) frog or railbound manganese (RBM) frog.

- U -

Underbalance
The difference between the actual superelevation and the amount of superelevation calculated for equilibrium conditions. Design underbalance on the MassDOT operated railroads is 1-1/2".

- W -

Washer – Spring (Lock)
A spring tensioned member designed to prevent movement of a nut and the loosening of a bolted member due to wear, stretch or other deterioration.

Weld – Flash Butt
A butt weld joining two abutting rails. This weld serves to join the rail ends using only parent materials. Electric flash_butt rail welding is accomplished with a stationary or portable electrical plant.

Weld - Thermite
A weld joining two abutting rails. The weld serves to unite the abutting rails with the introduction of metal weldment into a preset gap. This is an alumnothermic process that is accomplished by using weld kits..

Wheel Tread
The flat or tapered surface of a railway wheel that contacts the top surface of the rail head.

Wing Rail
The left and right rails that are run from the toe to the flared end of a moveable point frog, railbound manganese frog (RBM) or spring frog.

APPENDIX D

PLACEMENT OF TEMPORARY SPEED SIGNS

APPENDIX D

PLACEMENT OF TEMPORARY SPEED SIGNS

1.0 TEMPORARY SPEED RESTRICTION

(a) Protection shall be provided for any track that is considered not satisfactory for the passage of trains at maximum authorized speed, including placing an appropriate temporary speed restriction and notification to the Train Dispatcher.

(b) Portions of Tracks, on which temporary speed restrictions have been placed, are to be marked by placing a reflectorized Advanced Speed Limit sign, and Speed Limit and Resume Speed signs to the right of each track for both directions of traffic.

   (1) The general arrangement, details of construction and assembly, height and distance from the track, of signs, shall be as shown on the following plans.

   (2) Signs are to be placed so as to give the greatest practical unobstructed view considering alignment and other local physical conditions. Reflecting surfaces of signs must be kept clean to preserve their reflecting ability.

   (3) Speed Limit and Resume Speed signs are to be placed with the Speed Limit sign at the point where the actual restriction begins and the Resume Speed sign at the point where it ends.

   (4) Advanced Speed Limit signs, with numerals indicating the speed restriction, are to be placed far enough ahead of the Speed Limit signs in the direction from which trains are approaching to permit trains to reduce from normal speed to the speed permitted by the restriction.

(c) When a condition arises requiring a speed restriction, the following must be done:

   (1) Notification must be given to the dispatcher governing movement on the track where restriction is required.

   (2) Notification must be given to Track Supervisor.

   (3) Notification must include:

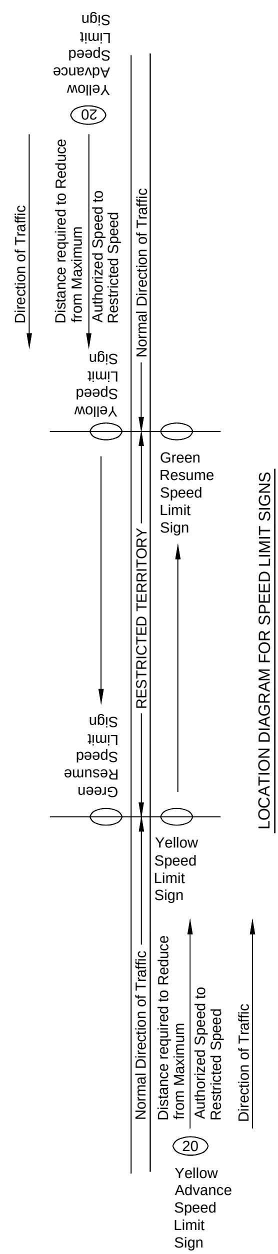
      (i) Limits of restriction by milepost station.

      (ii) Speed to which track is restricted.

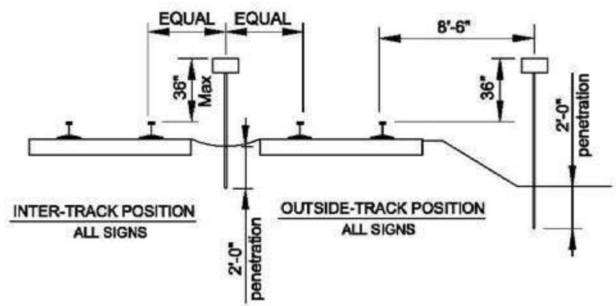
      (iii) Reason for restriction.

      (iv) Action being taken to correct condition.

   (4) Immediate action must be initiated to remove restriction.



SPEED LIMIT SIGNS FOR TEMPORARY SPEED RESTRICTIONS



SPEED LIMIT SIGNS
FOR
TEMPORARY SPEED RESTRICTIONS

Note:
Where local conditions make it desirable, the Resume Speed Sign and The Speed Limit Sign may be mounted back to back on the same support

Temporary Speed Limit Signs

Advance Speed Limit sign with numerals indicating restricted speed shall be placed a sufficient distance in advance of restricted territory to permit a train to reduce from maximum authorized speed to the restricted speed.

Speed Limit sign shall be placed to mark the entrance to the restricted territory.

Resume Speed sign shall be placed to mark the end of restricted territory. When entire train has passed this point, speed may be resumed.

Advance Speed Limit sign shall have background of Flat Top Yellow Scotchlite. Superimposed on the yellow background shall be 7" high x 11-1/2" wide black numerals showing speed permitted over restricted territory. Numerals shall be furnished in multiples of 10 miles per hour.

Speed Limit sign shall have background of Flat Top Yellow Scotchlite.

Resume Speed sign shall have background of Flat Top Green Scotchlite.

(d) Marking of Temporary Speed Restrictions:

(1) Where it is anticipated that restriction will be of other than the most temporary nature, reflectorized slow boards will be used.

(2) Information concerning slow orders:

(i) Will be communicated to train and engine service personnel by train order or general notice.

(ii) Limits of slow orders in train order or general notice must be consistent with placement of slow boards on the ground, and order must so state.

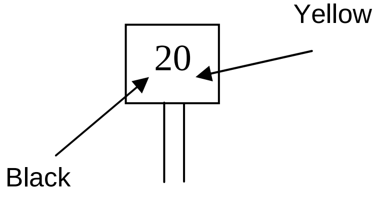
(iii) Where slow order is of short duration and is issued on train order, slow boards need not be displayed.

(3) Slow board placement:

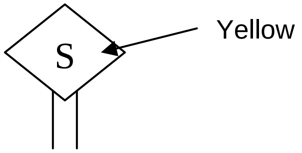
(i) Slow boards will be of reflectorized material, clean and in good repair.

(ii) They will be located to the right of and adjacent to the track protected, where they are unobstructed and can be clearly seen.

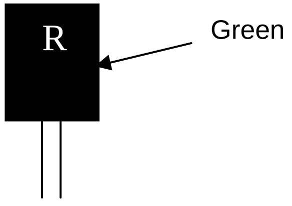
(iii) Advance Speed Limit Sign – a yellow sign with the speed to which trains are restricted displayed thereon in black numerals will be placed ahead of the point of restriction to allow a train moving at maximum authorized speed to reduce to the restricted speed at the point of restriction.



(iv) Yellow Speed Limit Sign – placed at the point at which restriction begins:



(v) Green Resume Sign – placed at the point at which restriction ends:



APPENDIX E

WEIGHTS AND MEASURES

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APPENDIX E

WEIGHTS AND MEASURES

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APPENDIX E

WEIGHTS AND MEASURES

The weights contained in these tables are for informational purposes only. Before moving and handling materials, the weights should be ascertained by contacting the appropriate manufacturer and/or supplier.

1. TIE PLATES

Tie Plate Description Conventional	Length of Plate	Width of Plate	Rail Base	Approximate Weight (lbs)
SSC[1]	10"	7-1/2"	4-7/16" to 5-1/8"	11.3
SSC	11"	7-1/2"	5-1/8" to 5-1/2"	13.1
DSC[2]	12"	7-3/4"	5-3/8"	16.2
DSC	11"	7-3/4"	5-1/2"	13.6
DSC	12"	7-3/4"	5-1/2"	16.2
DSC	13"	7-3/4"	5-1/2"	19.9
DSC	14"	7-3/4"	5-1/2"	23.3
Pandrol	15-1/8"	7-3/4"	5-1/2"	23.5
Pandrol	15-3/4"	7-3/4"	6"	24.5

Notes:
(1) Single Shoulder Canted
(2) Double Shoulder Canted

2. JOINT BARS[1]

Rail Section	Length of Bar	Approximate Weight Per Single Bar (lbs)
115/119 RE	36"	46.9
136 RE	36"	55.2

Note:
(1) If handling compromise bars, use the heavier rail weight section for the estimate of the bar weight.

3. BALLAST

	Average Weight Per Cubic Foot		Average Weight Per Cubic Yard	
Type of Ballast	**Loose (lbs)**	**Compacted (1bs)**	**Loose (1bs)**	**Compacted (lbs)**
Granite	88	98	2,375	2,650
Trap Rock	104	114	2,800	3,075

4. FASTENERS

Type	Approximate Weight (lbs)
Fast Clips (Bag of 50)	75
“e” Clips (Bag of 50)	88
Track Bolts (including Keg) (1" x 5-1/2")	210
Track Spikes (including Keg)	210
Lag Screws (Bag of 100)	110
115/119 RE Rail Anchors (Bag of 50)	125
136 RE Rail Anchors (Bag of 50)	150

5. TIES AND TIMBERS

Type	Size	Approximate Weight (lbs)
Wood Cross Tie Red or White Oak	7"x 9" x 8'-6"	246
Concrete Cross Tie	8'-6"	780
Concrete Switch Tie	9' to 16'	105 lbs/ linear foot
Wood Switch Timber (7"x 9" x Length) Total Tie Weight	9' 10' 11' 12' 13' 14' 15' 16' 21' 22'	260 289 318 347 376 405 434 462 607 636

6.0 BONDED JOINTS AND RAILS

6.a BONDED INSULATED RAIL JOINTS

Rail Size	Rail Length	Approximate Total Weight (lbs)
115 RE	19'-6"	860
115 RE	26’	1,110
115 RE	39'	1,490
136 RE	19'-6"	995
136 RE	26'	1,290
136 RE	39'	1,880

6.b RAILS

Rail Size	Calculated Weight Per Yard (lbs)	Approximate Weight (lbs)
100 NH @ 33'	100.00	1,100
107 NH @ 39'	107.00	1,391
115 RE @ 39'	114.75	1,492
136 RE @ 39'	135.80	1,766

7.0 TURNOUT PANELS

7.a TURNOUT PANELS – Conventional No. 8 on Wood Ties

(136 RE)	Panel Length	Approximate Panel Weight (tons)
Nose Panel	39'	7.5
Frog Panel	39'	9.2

7.b TURNOUT PANELS – Conventional No. 10 on Wood Ties

(136 RE)	Panel Length	Approximate Panel Weight (tons)
Nose Panel	39'	7.5
Frog Panel	39'	10.8

7.c TURNOUT PANELS – Conventional No. 15 on Wood Ties (26' Curved Switch)

(136 RE)	Panel Length	Approximate Panel Weight (tons)
Nose Panel	66'	11.5
Frog Panel	52'	15.0

7.d TURNOUT PANELS – Conventional No. 20 on Wood Ties (39' Curved Switch)

(136 RE)	Panel Length	Approximate Panel Weight (tons)
Nose Panel	70'	14.0
Frog Panel	44'	13.9

8. HOOK FLANGE GUARD RAILS

Length (136 RE)	Approximate Weight	
	(lbs)	(tons)
9'	950	0.5
13'	1,350	0.8
20'	2,100	1.1
27'	2,800	1.5

9. RAILBOUND MANGANESE FROGS[1]

Turnout No.	Length	Approximate Weight	
		(lbs)	(tons)
8	18'	4,025	2.1
10	23'	5,025	2.6
15	26'-8"	5,625	2.9
20	34'-2"	6,925	3.5

Note:
[1] Approximate weights are for maintenance frogs with extended wing rails.

10. DIAMOND TRACK CROSSINGS

3 Rail	Approximate Weight	
	(lbs)	(tons)
High Angle Crossing (Ties Not Included)	14,000	7.0
Low Angle Crossing (Ties Not Included)	18,000	9.0

11a. AREMA SWITCH RAILS (115-119 RE)

Turnout No.	Stock Rail			Split Switch Point		
	Length	Approximate Weight		Length	Approximate Weight	
		(lbs)	(tons)		(lbs)	(tons)
10	27'-0"	1071	0.55	16'-6"	655	0.35
15	38'-0"	1,507	0.75	26'-0"	1,031	0.55
20	59'-6"	2,360	1.2	39'-0"	1,547	0.78

11b. AREMA SWITCH RAILS (136 RE)

Turnout No.	Stock Rail			Split Switch Point		
	Length	Approximate Weight		Length	Approximate Weight	
		(lbs)	(tons)		(lbs)	(tons)
10	27'-0"	1,223	0.62	16'-6"	748	0.38
15	38'-0"	1,721	0.87	26'-0"	1,177	0.59
20	59'-6"	2,695	1.35	39'-0"	1,767	0.89

12. WOOD-TIE TRACK PANELS

(136 RE)	Approximate Weight (tons)
39' Panel Length(1) (w/o 3rd rail ties)	4.5
39' Panel Length(1) (with 3rd rail ties)	4.6

Note:
(1) Pandrol plates 6" base and 21-1/4" tie spacing

13. HIGHWAY GRADE CROSSINGS – CONCRETE

Std. Track Panel[1] (lbs/track foot)	Crossing Track Panel[2,4] (lbs/track foot)	Concrete Gage Crossing Module[3,4] (lbs/track foot)	Concrete Field Modules[3,4] (lbs/track foot)
490.5	629.1	458	247

Notes:

(1) Concrete ties 8'6" long, spaced at 24" o.c. with Pandrol fasteners including galvanized e-clips, and 136 RE CWR.
(2) Concrete ties 10'0" long, spaced at 24" o.c. with Pandrol fasteners including galvanized e-clips and 136 RE CWR.
(3) Concrete crossing modules (available 8' or 12' lengths) for gage of track or field side.
(4) Total approximate weight per track foot is the crossing panel weight, the gage crossing module weight and two (2) times the field module weight.

14. HIGHWAY GRADE CROSSINGS – RUBBER

Shipping Weight Average per Skid (lbs)	Full Depth Heavy Duty Rubber Gage Crossing Pad[1,3] (each)	Full Depth Heavy Duty Rubber Field Crossing Pad[2,3] (each)
3,111	595	224

Notes:

(1) Rubber gage pad 3' length x 58-1/2" width x 8-1/4" depth for 136 RE rail.
(2) Rubber field pad 3' length x 22" width x 8-1/4" depth for 136 RE rail.
(3) Total approximate weight per track foot is the crossing panel weight, the gage crossing module weight and two (2) times the field module weight.

15. DECIMALS OF AN INCH

Fraction (inches)	Decimal (inches)
1/32	0.03125
1/16	0.06250
3/32	0.09375
1/8	0.12500
5/32	0.15625
3/16	0.18750
7/32	0.21875
1/4	0.25000
9/32	0.28125
5/16	0.31250
11/32	0.34375
3/8	0.37500
13/32	0.40625
7/16	0.43750
15/32	0.46875
1/2	0.50000
17/32	0.53125
9/16	0.56250
19/31	0.59375
5/8	0.62500
21/32	0.65625
11/16	0.68750
23/32	0.71875
3/4	0.75000
25/32	0.78125
13/16	0.81250
27/32	0.84375
7/8	0.87500
29/32	0.90625
15/16	0.93750
31/32	0.96875
1	1.00000

APPENDIX F

FORMS

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APPENDIX F

FORMS

These forms are typical forms used in the inspection of maintenance of track and special track work by the MassDOT Rail and Transit Division.

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RAIL DEFECT INSPECTION REPORT

Massachusetts Department of Transportation
Rail & Transit Division

Operating Railroad Name: ______________________________ Date of Inspection: ______________

Detector Car Operator Name: ______________________________

Route Tested: ______________________________ Track __________ MP __________ to MP __________

Inspection Company: ______________________________ Track __________ MP __________ to MP __________

Detector Car #: ______________________________ Track __________ MP __________ to MP __________

Detector Car Defect Number	Defect Type	Defect Size	Track Number	Mile Post	Immediate Corrective Action	Date	Final Corrective Action	Date

To be signed and submitted after all final active correction is complete:

*Operating Railroad Supervisor's Name: ______________________________ Date: ______________

*Operating Railroad Supervisor's Signature: ______________________________

*NOTE: Operating Railroad Supervisor is the Railroad Supervisor riding the detector car.

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SPECIAL TRACK INSPECTION REPORT

Massachusetts Department of Transportation
Rail & Transit Division

Name of Operating Railroad:			
Date Inspection Made:		**Line Segment:**	
Reason for Inspection:		**Weather:**	**Temperature:**
Location		**Conditions Noted / Repairs Made**	
Track Name/No.	**M.P. – M.P.**		
Deficiencies/Defects Found		**Corrective Action Taken**	
Operating Railroad Inspector's Name: (Print)			
Operating Railroad Inspector's Signature:			

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RAIL FAILURE REPORT

Name of Operating Railroad:			
Date Discovered:		**Date Repaired:**	
Line Segment:	**MP:**	**Track:**	**Rail:** N / S / E / W
Defect Location:			
Rail: Tangent **Curve:**	High Rail Low Rail Degree of curve:		
Notes:			
Special Work Type:	**MP:**	**Turnout Name:**	
Notes:			
Detector Car Defect: No Yes		**Defect No:**	
Type of Defect:		**Size of Defect:**	
Service Failure Defect: No Yes	**Type:**		**Found by:**
Type of Rail: Jointed CWR			
Rail Weight:	**Rail Section:**		**Manufacturer:**
Year Rolled:	**Month Rolled:**		
Type of Weld: Field Plant		**Joint Bars to Weld:** No Yes	
Rail Information:			
Temporary Speed Restriction (TSR):	No Yes __________________ MPH		
Defective Glued Plugged Rail: No	Yes Length _________		
CWR Plug Rail Installed: No	Yes Length _________		**Plug Rail Number:** _____ - _____ - _____
Boxed Anchored 200' from Joints: No	Yes	**Form "TD" Required:** No Yes	
Rail Temperature when Anchoring:			
To be signed and submitted after all final active correction is complete:			
Operating Railroad Supervisor's Name: (Print)			
Operating Railroad Supervisor's Signature:			**Date:**

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CWR RAIL EXPANSION/HEAT RECORD REPORT

massDOT Massachusetts Department of Transportation Rail & Transit Division

Operating Railroad/Contractor:		Weather:
Line Segment:	MP:	Track:

Date	Track Name/No.	Rail (N,S,E,W)	String Number	Start MP	End MP	Rail Temp. (°F)(1)	Req'd Temp. Change (°F)(2)	String Length (Feet)	Required Expansion (Inches)(3)	Installation Temp. Achieved (°F)	String Vibrated (Y/N)	Actual Expansion Recorded (Inches) Obtained at 1/4 Points(4)			
												1/4	1/2	3/4	Full

Notes:
(1) Temperature to be measured with approved rail thermometer.
(2) Required temperature change in °F is preferred rail neutral temperature of 110°F (RNT) minus the actual rail temperature at the time of expansion.
(3) See formula and table on reverse side of form.
(4) After string is anchored and/or clipped.

Operating Railroad Foreman's Signature: ______________________ Date: __________

Operating Railroad Foreman's Name (Print): ______________________

Formula for Coefficient of Linear Expansion of Rail:

$A = 0.000078 \times (T_D - T_E) \times L$

A = Adjustment or Required Expansion amount of rail string (in inches)
T_D = Desired Rail Neutral Temperature (RNT) should be 110°F if possible as conditions permit
T_E = Existing or Actual Rail Temperature (°F) prior to heating or expansion measured with an approved rail thermometer
L = Length of string to be adjusted (in feet)

Calculations:

Change in Rail Length Due to Change in Rail Temperature

A = Change in Rail Length in Inches = 0.000078ΔT x L
L = Length of Rail to be Expanded in Feet
ΔT = Change in Temperature in Degrees Fahrenheit: Desired RNT minus Actual Rail Temperature

Length of Rail (ft)	Change in Temperature in Degrees Fahrenheit															
	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80
	Change in Rail Length in Inches															
100	1/8	1/8	1/8	1/4	1/4	1/4	3/8	3/8	3/8	1/2	1/2	1/2	5/8	5/8	5/8	5/8
200	1/8	1/4	1/4	3/8	1/2	1/2	5/8	5/8	3/4	7/8	7/8	1	1-1/8	1-1/8	1-1/4	1-1/4
300	1/8	1/4	3/8	1/2	5/8	3/4	7/8	1	1-1/8	1-1/4	1-3/8	1-1/2	1-5/8	1-3/4	1-7/8	1-7/8
400	1/4	3/8	1/2	5/8	7/8	1	1-1/8	1-1/4	1-1/2	1-5/8	1-3/4	1-7/8	2-1/8	2-1/4	2-3/8	2-1/2
500	1/4	1/2	5/8	7/8	1	1-1/4	1-3/8	1-5/8	1-7/8	2	2-1/4	2-3/8	2-5/8	2-3/4	3	3-1/8
600	1/4	1/2	3/4	1	1-1/4	1-1/2	1-3/4	1-7/8	2-1/8	2-3/8	2-5/8	2-7/8	3-1/8	3-3/8	3-5/8	3-3/4
700	3/8	5/8	7/8	1-1/8	1-3/8	1-3/4	2	2-1/4	2-1/2	2-3/4	3-1/8	3-3/8	3-5/8	3-7/8	4-1/8	4-3/8
800	3/8	5/8	1	1-1/4	1-5/8	1-7/8	2-1/4	2-1/2	2-7/8	3-1/8	3-1/2	3-3/4	4-1/8	4-3/8	4-3/4	5
900	3/8	3/4	1-1/8	1-1/2	1-7/8	2-1/8	2-1/2	2-7/8	3-1/4	3-5/8	3-7/8	4-1/4	4-5/8	5	5-3/8	5-5/8
1000	1/2	7/8	1-1/4	1-5/8	2	2-3/8	2-3/4	3-1/8	3-5/8	4	4-3/8	4-3/4	5-1/8	5-1/2	5-7/8	6-1/4
1100	1/2	7/8	1-3/8	1-3/4	2-1/4	2-5/8	3-1/8	3-1/2	3-7/8	4-3/8	4-3/4	5-1/4	5-5/8	6-1/8	6-1/2	6-7/8
1200	1/2	1	1-1/2	1-7/8	2-3/8	2-7/8	3-3/8	3-3/4	4-1/4	4-3/4	5-1/4	5-5/8	6-1/8	6-5/8	7-1/8	7-1/2
1300	5/8	1-1/8	1-5/8	2-1/8	2-5/8	3-1/8	3-5/8	4-1/8	4-5/8	5-1/8	5-5/8	6-1/8	6-5/8	7-1/8	7-5/8	8-1/8
1400	5/8	1-1/8	1-3/4	2-1/4	2-3/4	3-3/8	3-7/8	4-3/8	5	5-1/2	6-1/8	6-5/8	7-1/8	7-3/4	8-1/4	8-3/4
1440	5/8	1-1/8	1-3/4	2-1/4	2-7/8	3-3/8	4	4-1/2	5-1/8	5-5/8	6-1/4	6-3/4	7-3/8	7-7/8	8-1/2	9
1600	5/8	1-1/4	1-7/8	2-1/2	3-1/8	3-3/4	4-3/8	5	5-5/8	6-1/4	6-7/8	7-1/2	8-1/8	8-3/4	9-3/8	10