Outside track code:

motorSpeed(4,25); //Run all motors at a constant speed (25% power) for 2 second.
goFor(2);

motorSpeed(4,20); //Run all motors at a constant speed of 20% power
goToAbsolutePosition(394); //Travel a distance of 16 feet

reverse(4); //Reverse all motors.

motorSpeed(4,30); //Run all motors at a constant speed (30% power) for 1.5 second.
goFor(1.5);

brake(4); //Brake all motors.

//Save program as External Sensors Outside.