

### 400 METER EVENT MARKINGS LAYOUT

REPAIRED BY JOSEPH W. O'CONNOR

Start 300 M  
Curved Start  
(Rule 5-3-7)

START 300 M - HURDLES  
(ONE TURN ADVANTAGE)

Start 200 M  
(ONE TURN ADVANTAGE)

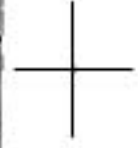
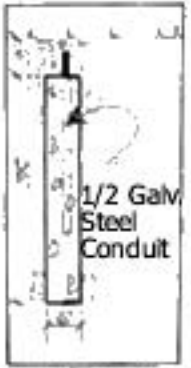
START 300 M - HURDLES  
(ONE TURN ADVANTAGE)

"A" Second Exchange-4 \* 100 M Relay  
"D" First Exchange-4 \* 200 M Relay  
"A" Third Exchange-4 \* 200 M Relay

P.C. 3

Event	No. Of Hurdles	(Inches) Hurdle Height	Start to First Hurdle	Between Hurdles	Last Hurdle To Finish
55 M	5	39	13.718 M (45 FT.)	8.144 M (30 FT.)	4.708 M (15.45 FT.)
110 M	10	39	13.718 M (45 FT.)	8.144 M (30 FT.)	3.698 M (12.30 FT.)
164 M	8	30	18.288 M (60 FT.)	18.288 M (60 FT.)	18.696 M (61.35 FT.)
300 M	8	36	45 M (147.62 FT.)	35 M (114.83 FT.)	10 M (32.81 FT.)

P.C. 2



GIRLS COMPETITION

55 M	5	30	13 M (42.67 FT.)	8.5 M (27.90 FT.)	8 M (26.25 FT.)
75 M	7	30 / 33	13 M (42.67 FT.)	8.5 M (27.90 FT.)	11 M (35.93 FT.)
100 M	10	30	13 M (42.67 FT.)	8.5 M (27.90 FT.)	10.5 M (34.45 FT.)
200 M	10	30	16 M (52.50 FT.)	18 M (59.10 FT.)	13 M (42.67 FT.)
300 M	8	30	45 M (147.62 FT.)	35 M (114.83 FT.)	10 M (32.81 FT.)

Concrete Radius Monuments

P.C. 4

Third Exchange - 4 \* 100 M Relay

- 1 - ONE TURN ADVANTAGE
- 2 - TWO TURN ADVANTAGE
- 3 - THREE TURN ADVANTAGE
- 4 - FOUR TURN ADVANTAGE
- A - ONE TURN EXCHANGE ZONE
- B - TWO TURN EXCHANGE ZONE
- C - COMMON EXCHANGE ZONE
- D - THREE TURN EXCHANGE ZONE
- X - ACCELERATION ZONE

STAGGERED STARTS ADVANTAGE

	FEET	METERS
1	10.996	3.35
2	21.99	6.70
3	32.97	10.06
4	43.96	13.40

RULE 5-3-6

START ALL EVENTS EXCEPT 100M, 110M, 200M, 300 M, 1500M, 3000M

P.C. 1

"A" FIRST EXCHANGE - 4 \* 400 M RELAY  
"B" SECOND EXCHANGE - 4 \* 800 M RELAY  
"C" COMMON EXCHANGE FOR THE 4 \* 800 M RELAY

Start 110 M 10 M Start 100 M  
30 M (20 M Minimum)

328.063 FT. = 100 M BETWEEN RADIUS PTS.

COMMON FINISH FOR ALL EVENTS

Slope Requirements:  
Lateral- 2 : 100 (Recommended to the Inside)  
Running Direction - 1:1000

104.63 FT TO MEASURE LINE  
103.76 FT TO LANE LINE  
103.10 FT TO EDGE OF SURFACE  
102.63 FT TO EDGE OF BASE

NOTE -  
FOR A RAISED CURB ON THE INSIDE EDGE IN LIEU OF A PAINTED LINE THE DISTANCE TO THE MEASURE LINE IS 30 CM FOR LANE NO. 1 ONLY

