

# 400 METER EVENT MARKINGS LAYOUT

PREPARED BY JOSEPH W. O'CONNOR

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

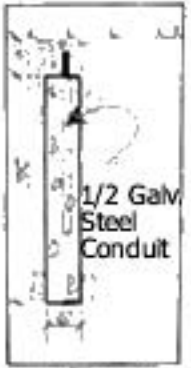
START 300 M - HURDLES  
(ONE TURN ADVANTAGE)

BREAK LINE

Start 200 M  
(ONE TURN ADVANTAGE)

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

START 300 M - HURDLES  
(ONE TURN ADVANTAGE)  
FIRST EXCHANGE - 4 \* 100 M RELAY



Event	No. Of Hurdles	(Inches) Hurdle Height	Start to First Hurdle	Between Hurdles	Last Hurdle To Finish
55 M	5	39	13.716 M (45 FT.)	8.144 M (30 FT.)	4.708 M (15.45 FT.)
110 M	10	39	13.716 M (45 FT.)	8.144 M (30 FT.)	3.696 M (12.38 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 (59.33 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

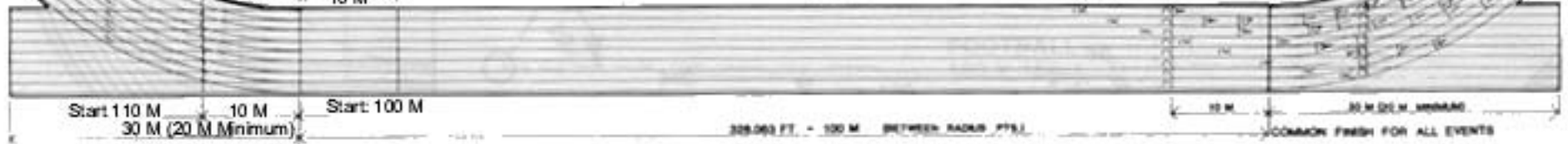
### STAGGERED STARTS

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

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

P.C. 1

- "A" FIRST EXCHANGE - 4 \* 100 M RELAY
- "B" SECOND EXCHANGE - 4 \* 200 M RELAY
- "C" COMMON EXCHANGE FOR THE 4 \* 400 M RELAY



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
- 102.60 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

