

400 METER EVENT MARKINGS LAYOUT

PREPARED BY JOSEPH W. CRONIN

START 200 M
COMMON TURN
(LANE NO. 1)

START 200 M
ONE TURN ADVANTAGE

SECOND EXCHANGE - 4 x 100 M RELAY
FIRST EXCHANGE - 4 x 200 M RELAY
THIRD EXCHANGE - 4 x 300 M RELAY

P.C. 3

EVENT	NO. OF HURDLES	(INCHES) HURDLE HEIGHT	START TO FIRST HURDLE	BETWEEN HURDLES	LAST HURDLE TO FINISH
85 M	5	38	13.716 M (45 FT.)	9.144 M (30 FT.)	8.708 M (28.58 FT.)
110 M	10	38	13.716 M (45 FT.)	9.144 M (30 FT.)	13.068 M (42.88 FT.)
165 M	5	30	18.288 M (60 FT.)	18.288 M (60 FT.)	18.894 M (61.95 FT.)
300 M	5	36	45 M (147.62 FT.)	35 M (114.83 FT.)	10 M (32.81 FT.)

GIRLS COMPETITION

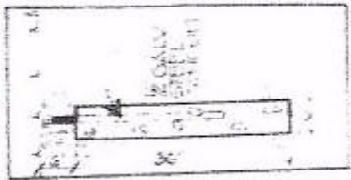
55 M	5	30	13 M (42.67 FT.)	9.5 M (27.90 FT.)	8 M (26.25 FT.)
75 M	7	30 / 33	13 M (42.67 FT.)	9.5 M (27.90 FT.)	11 M (34.00 FT.)
100 M	10	30	13 M (42.67 FT.)	9.5 M (27.90 FT.)	10.5 M (34.46 FT.)
200 M	10	30	18 M (59.00 FT.)	18 M (59.00 FT.)	13 M (42.67 FT.)
300 M	5	30	45 M (147.62 FT.)	35 M (114.83 FT.)	10 M (32.81 FT.)

STAGGERED STARTS

ADVANTAGE	FEET	METERS
ONE TURN ADVANTAGE	10.000	3.05
TWO TURN ADVANTAGE	21.00	6.40
THREE TURN ADVANTAGE	32.00	9.75
COMMON EXCHANGE ZONE	43.00	13.10

COMPLETE HURDLES MONUMENTS

P.C. 4



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

FIRST EXCHANGE - 4 x 100 M RELAY
SECOND EXCHANGE - 4 x 200 M RELAY
COMMON EXCHANGE ZONE FOR THE 4 x 400 M RELAY

BLADE REQUIREMENTS
LATERAL - 2.00 DECIMETERS (TOP 1/4 INCH)
BURNING DIRECTION - 1.00

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.

104.43 FT TO MEASURE LINE
103.16 FT TO LANE LINE
102.19 FT TO EDGE OF SURFACE
102.80 FT TO EDGE OF BASE



SCALE
0 20 40 60 METERS