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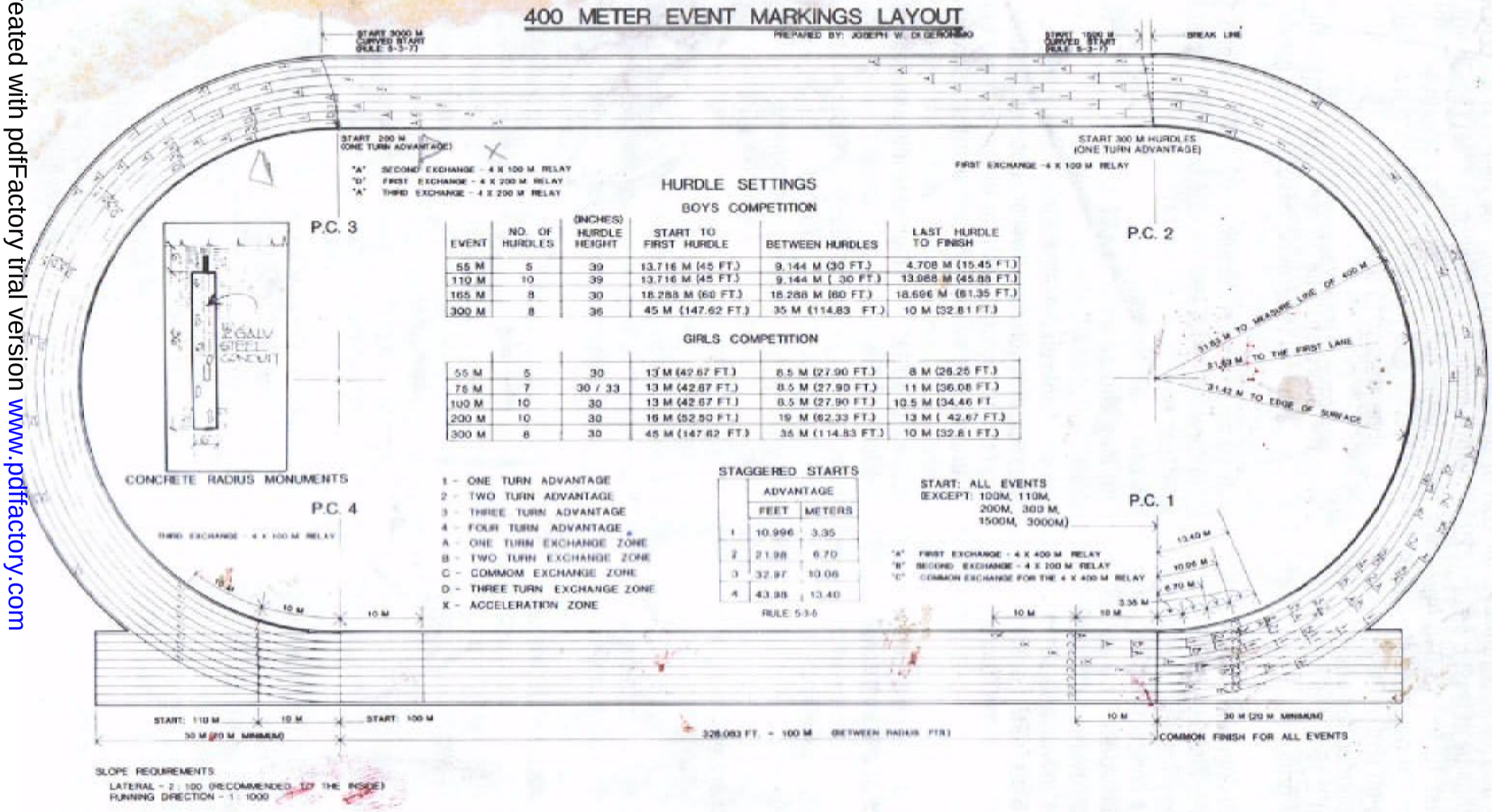
TRACK AND FIELD

400 METER EVENT MARKINGS LAYOUT

PREPARED BY: JOSEPH W. DI GERONIMO



HURDLE SETTINGS

BOYS COMPETITION

EVENT	NO. OF HURDLES	HURDLE HEIGHT (INCHES)	START TO FIRST HURDLE	BETWEEN HURDLES	LAST HURDLE TO FINISH
55 M	5	39	13.716 M (45 FT.)	9.144 M (30 FT.)	4.708 M (15.45 FT.)
110 M	10	39	13.716 M (45 FT.)	9.144 M (30 FT.)	13.068 M (45.88 FT.)
165 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.)

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 (36.08 FT.)
100 M	10	30	13 M (42.67 FT.)	8.5 M (27.90 FT.)	10.5 M (34.46 FT
200 M	10	30	16 M (52.50 FT.)	19 M (62.33 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.)

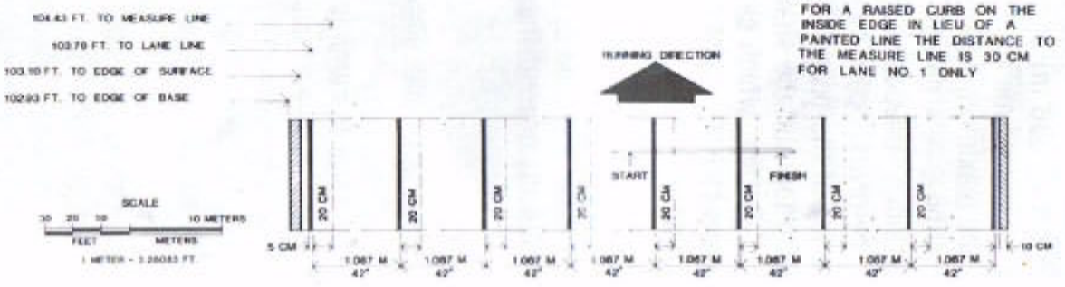
1 - ONE TURN ADVANTAGE
2 - TWO TURN ADVANTAGE
3 - THREE TURN ADVANTAGE
4 - FOUR TURN ADVANTAGE
A - ONE TURN EXCHANGE ZONE
B - TWO TURN EXCHANGE ZONE
C - COMMOM EXCHANGE ZONE
D - THREE TURN EXCHANGE ZONE
X - ACCELERATION ZONE

STAGGERED STARTS

	ADVANTAGE	
	FEET	METERS
1	10.996	3.35
2	21.98	6.70
3	32.97	10.06
4	43.98	13.40

RULE 5-3-6

SLOPE REQUIREMENTS
LATERAL - 2 : 100 (RECOMMENDED TO THE INSIDE)
RUNNING DIRECTION - 1 : 1000



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