



Athletics

400m track

DISTANCE

400m (437yd).

TRACK LENGTH

Based on parallels of 84.39m (92.29yd) and a radius of 36.5m (39.92yd) marking the two turns. The measurement is taken from 30cm (11.8in) from the inner edge for lane 1 if there is a raised border or 20cm (7.87in) if there is no border.

All other lane distances are measured 20cm (7.87in) from the white line.

LANE WIDTH

Measures 1.22m (1.33yd) wide and at a maximum of 1.25m (1.37yd). When the inner edge is a chalk line: Lane 1 measures 1.12m (1.22yd). The measurements being taken are from the outside edge of one marking line to the outside edge of the next line, going outwards from the trackside of the inner kerb.

All semicircular curves will be equal.

The diagram shows Starts for 200, 300 and 400 metres

and take-over distance points for 4 x 100m relay.

STAGGERS

Lanes 2-8 measurements are taken along a 20cm (7.87in) line from inside edge of each lane.

On the diagram, the staggers for 100m (109.36yd) and 300m (328.08yd) apply only when the straights are 84.39m (92.29yd) and must be adjusted for tracks of other proportions.

LINE WIDTH

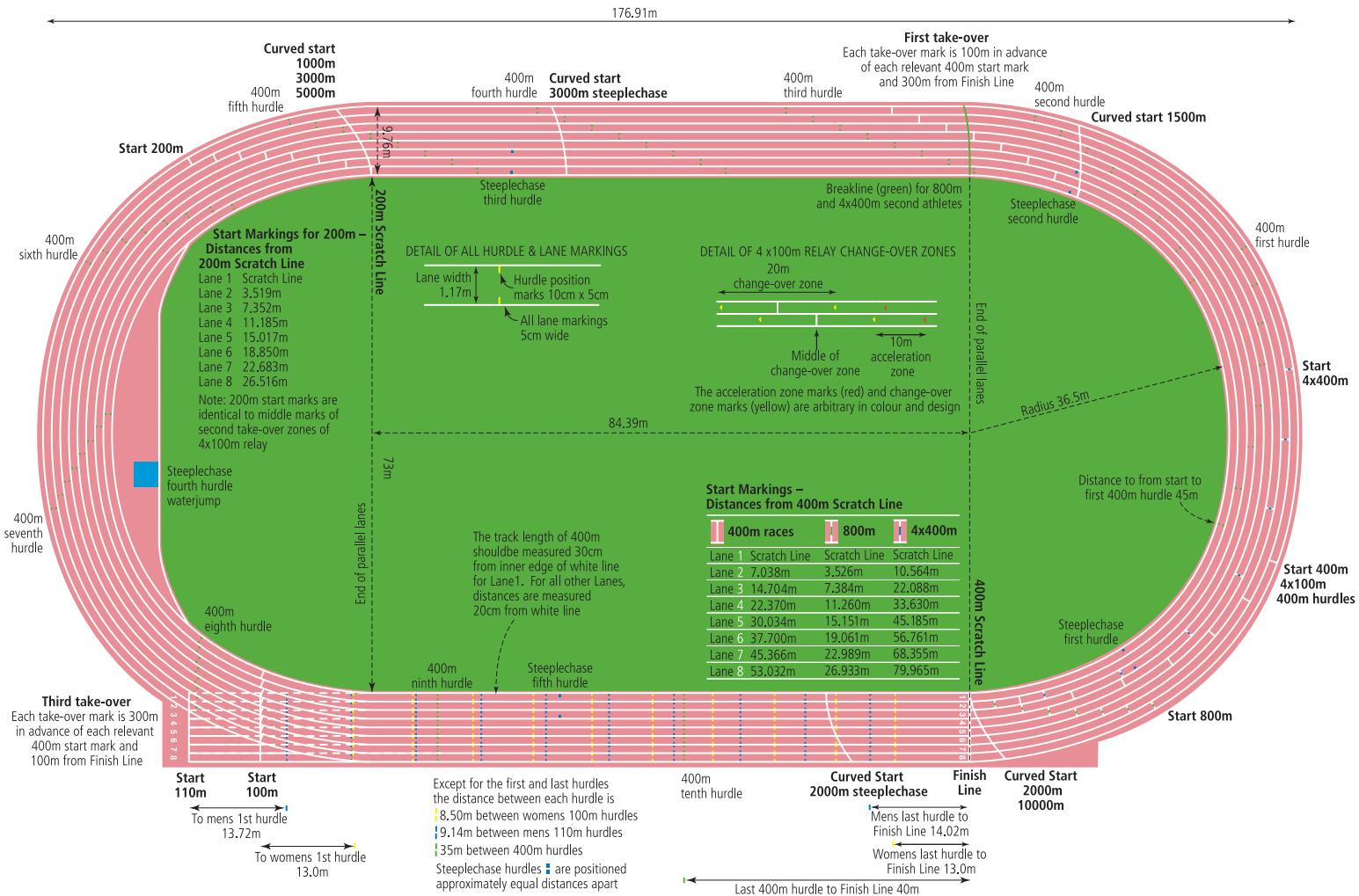
5cm (1.97in) wide.

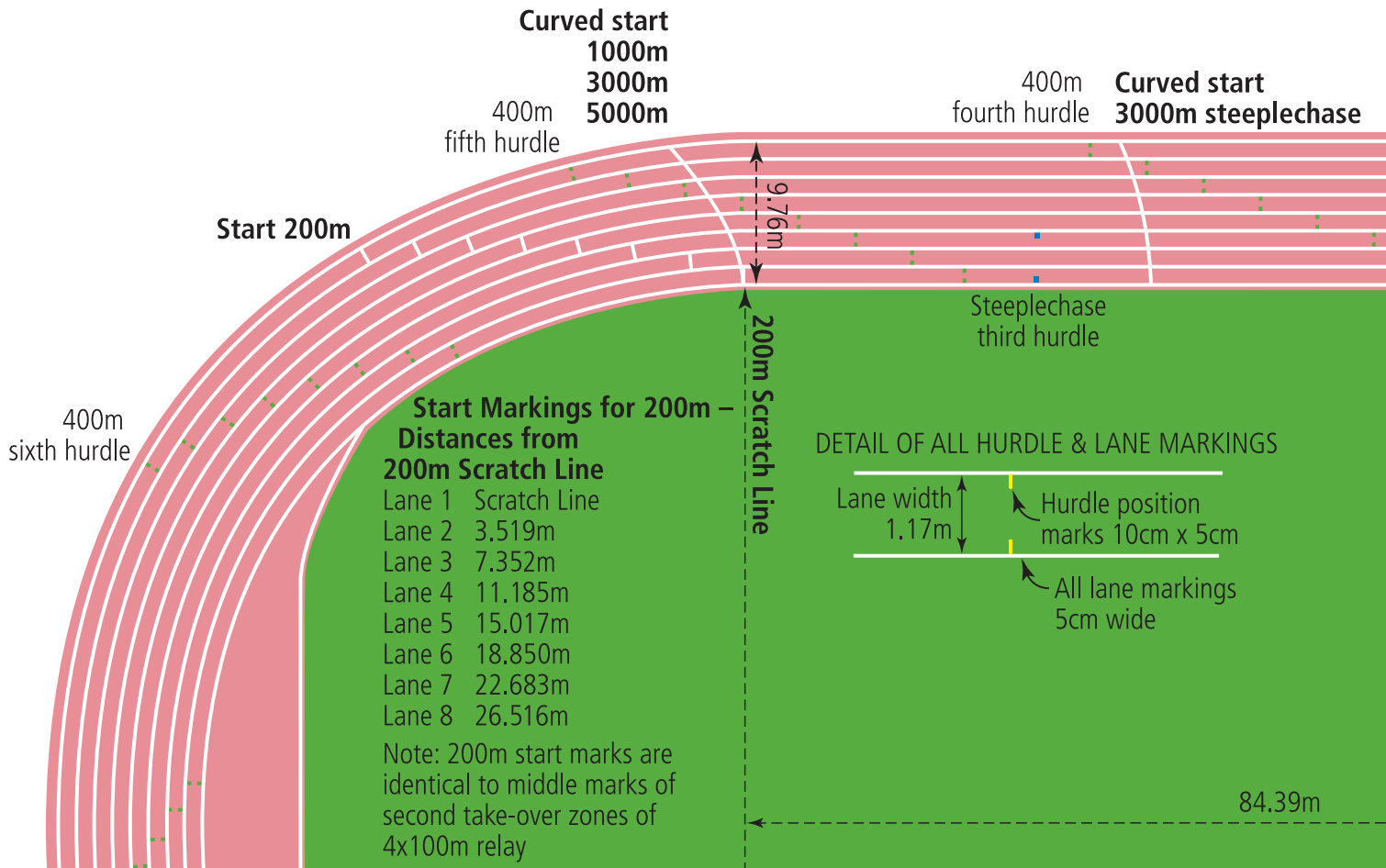
COLOUR

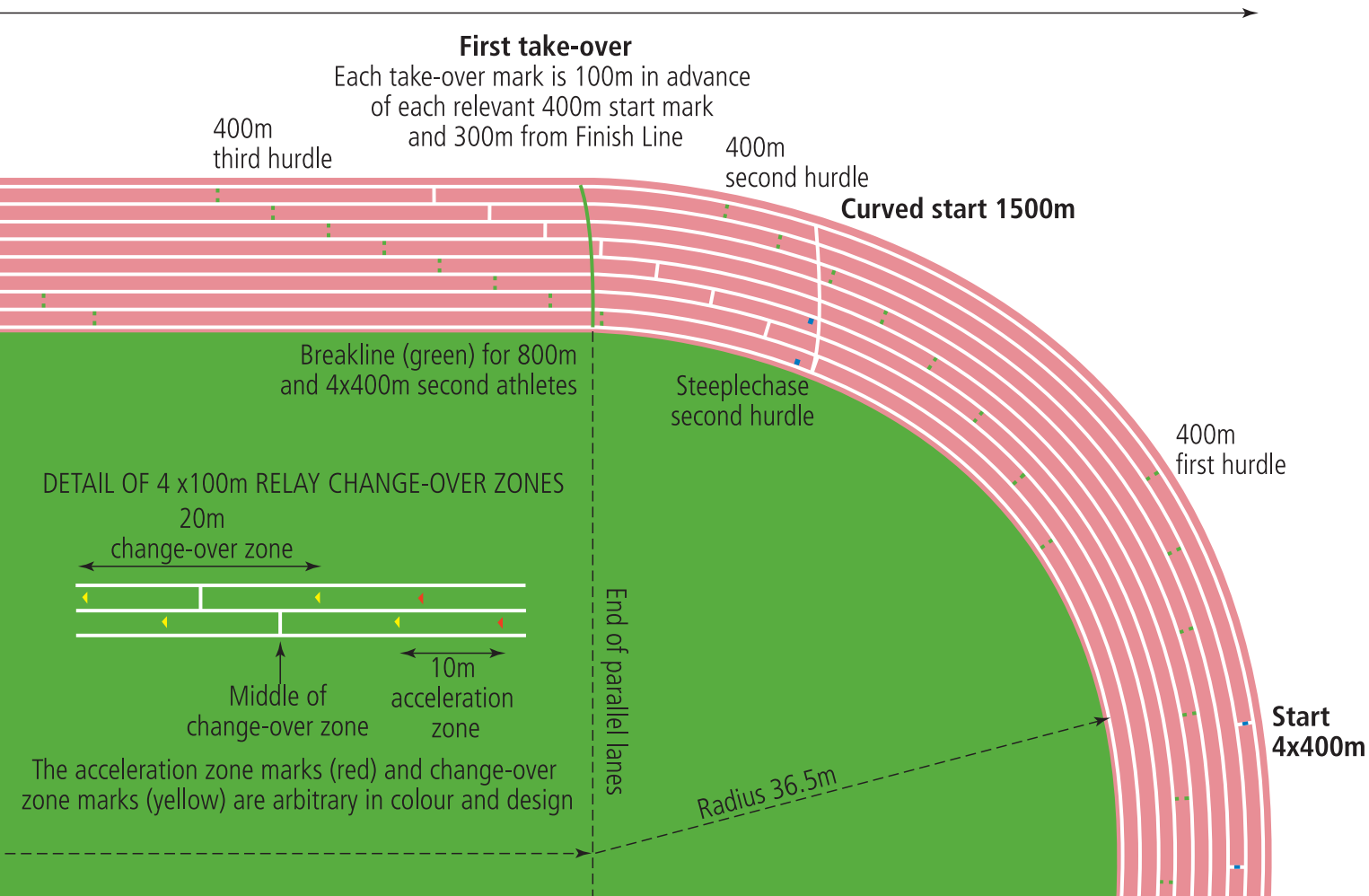
White.

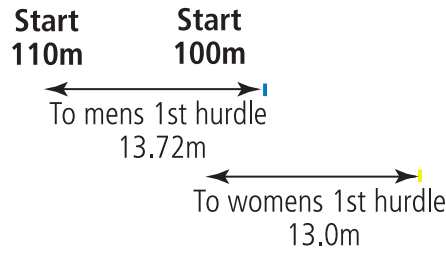
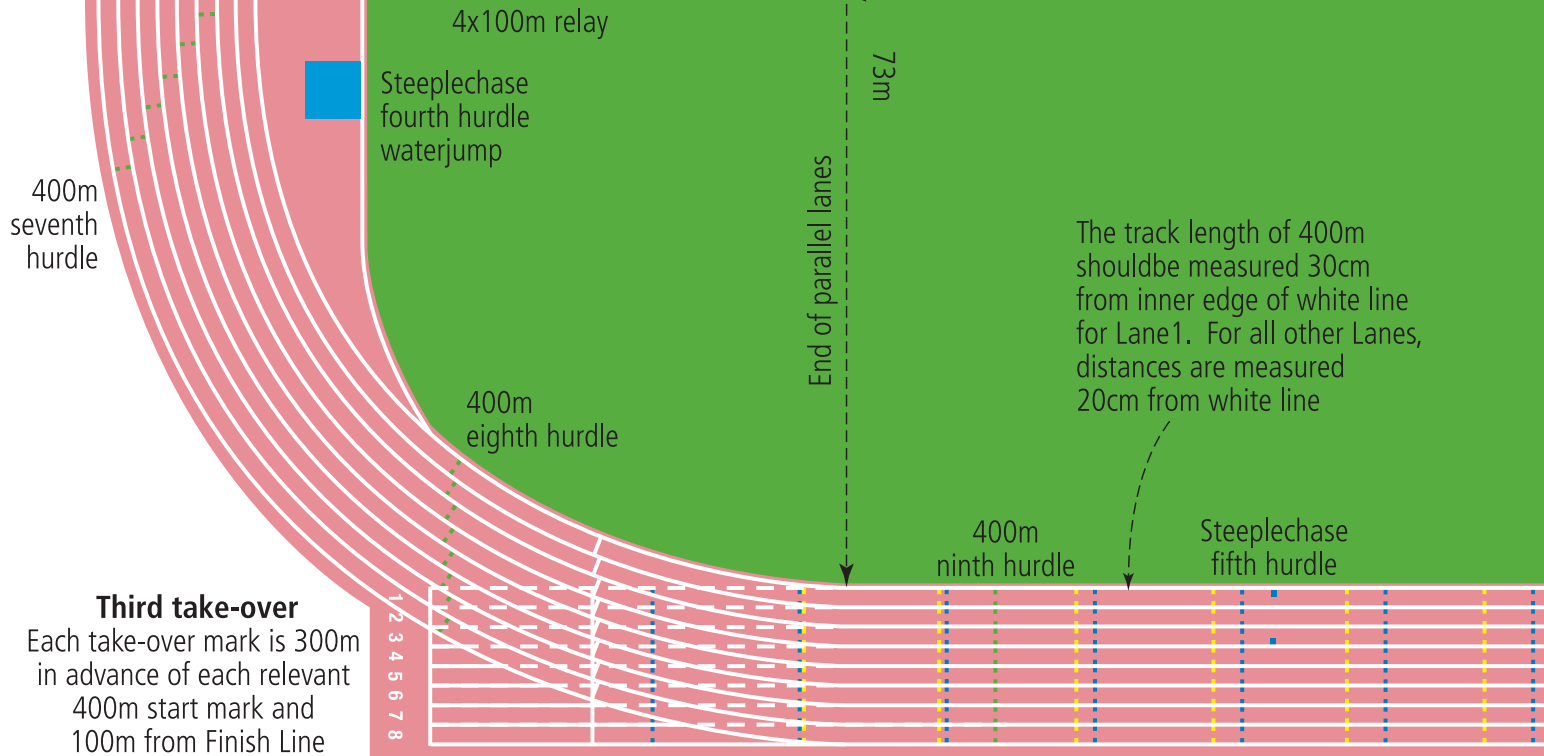
In International Competition the 800 metre race is run in lanes as far as their first bend, making the use of the Staggered Starts necessary, which are calculated according to I.A.A.F. Rule 163 page 141/2 paragraph 5 of Handbook 2010-2011.

For clarification, the track diagram opposite has also been shown as sections on pages 12-15









Except for the first and last hurdles the distance between each hurdle is

- 8.50m between womens 100m hurdles
- 9.14m between mens 110m hurdles
- 35m between 400m hurdles

Steeplechase hurdles are positioned approximately equal distances apart

Start Markings – Distances from 400m Scratch Line

	400m races	800m	4x400m
Lane 1	Scratch Line	Scratch Line	Scratch Line
Lane 2	7.038m	3.526m	10.564m
Lane 3	14.704m	7.384m	22.088m
Lane 4	22.370m	11.260m	33.630m
Lane 5	30.034m	15.151m	45.185m
Lane 6	37.700m	19.061m	56.761m
Lane 7	45.366m	22.989m	68.355m
Lane 8	53.032m	26.933m </td <td>79.965m</td>	79.965m

