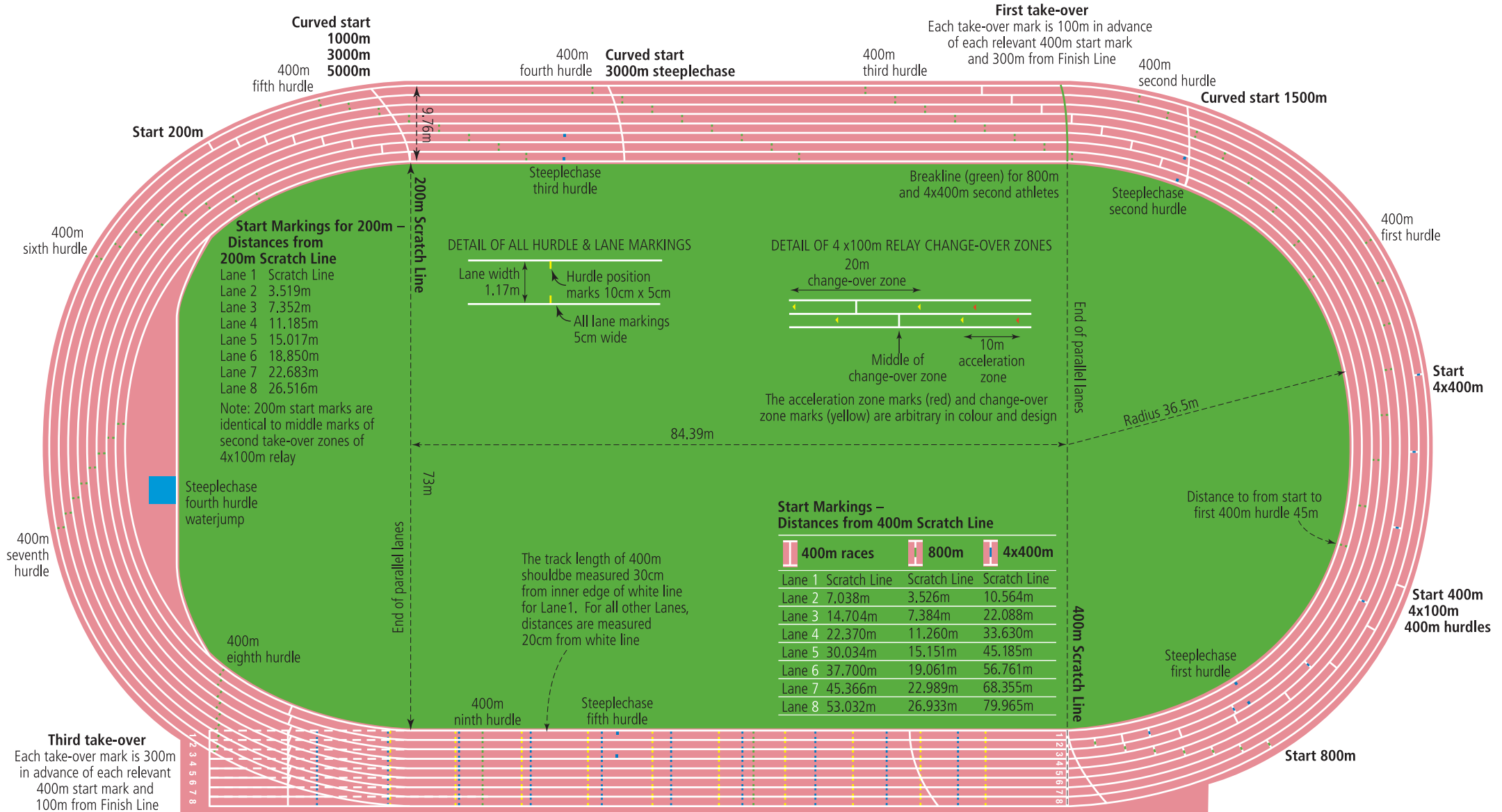
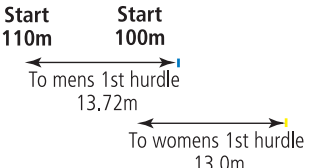


ATHLETICS 400m TRACK

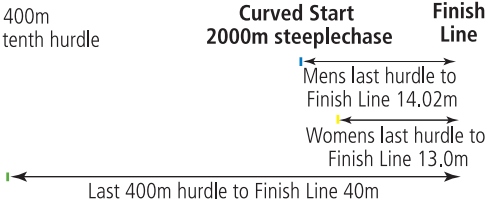
176.91m

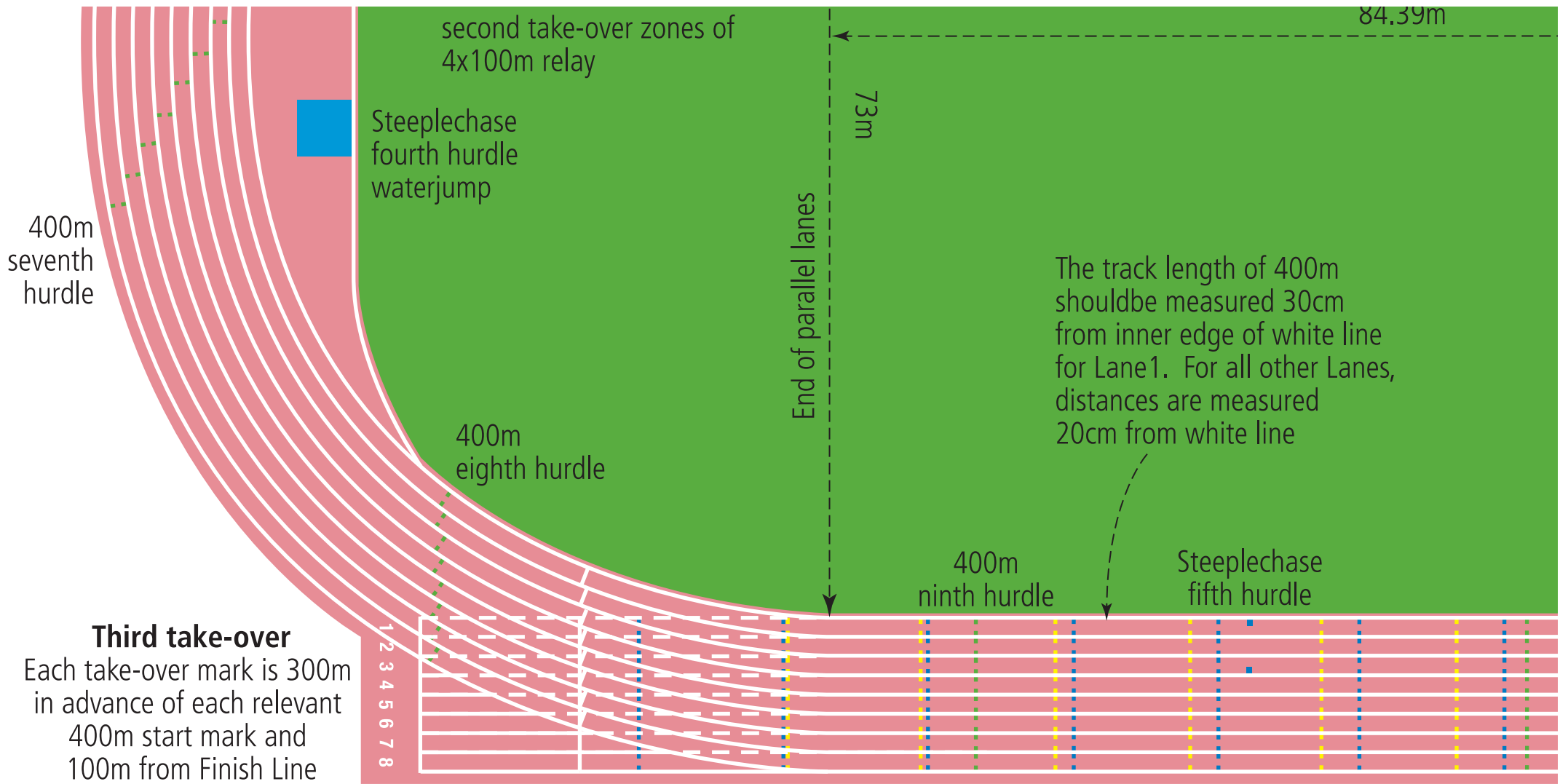


Third take-over
Each take-over mark is 300m in advance of each relevant 400m start mark and 100m from Finish Line

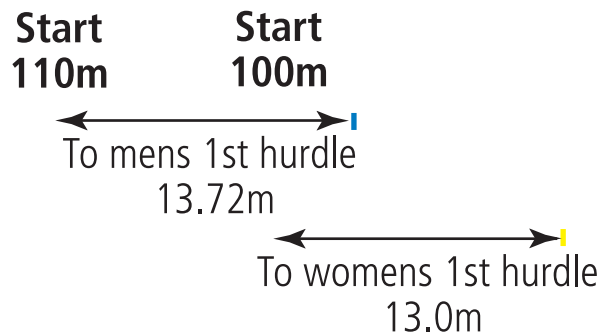


Except for the first and last hurdles the distance between each hurdle is
 8.50m between womens 100m hurdles
 9.14m between mens 110m hurdles
 35m between 400m hurdles
 Steeplechase hurdles are positioned approximately equal distances apart





ATHLETICS
400m TRACK
(detail)



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

400m

ten

←

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	79.965m

Distance to from start to first 400m hurdle 45m

Start 400m
4x100m
400m hurdles

Steeplechase
first hurdle

Start 800m

400m
tenth hurdle

Curved Start
2000m steeplechase

Finish
Line

Curved Start
2000m
10000m

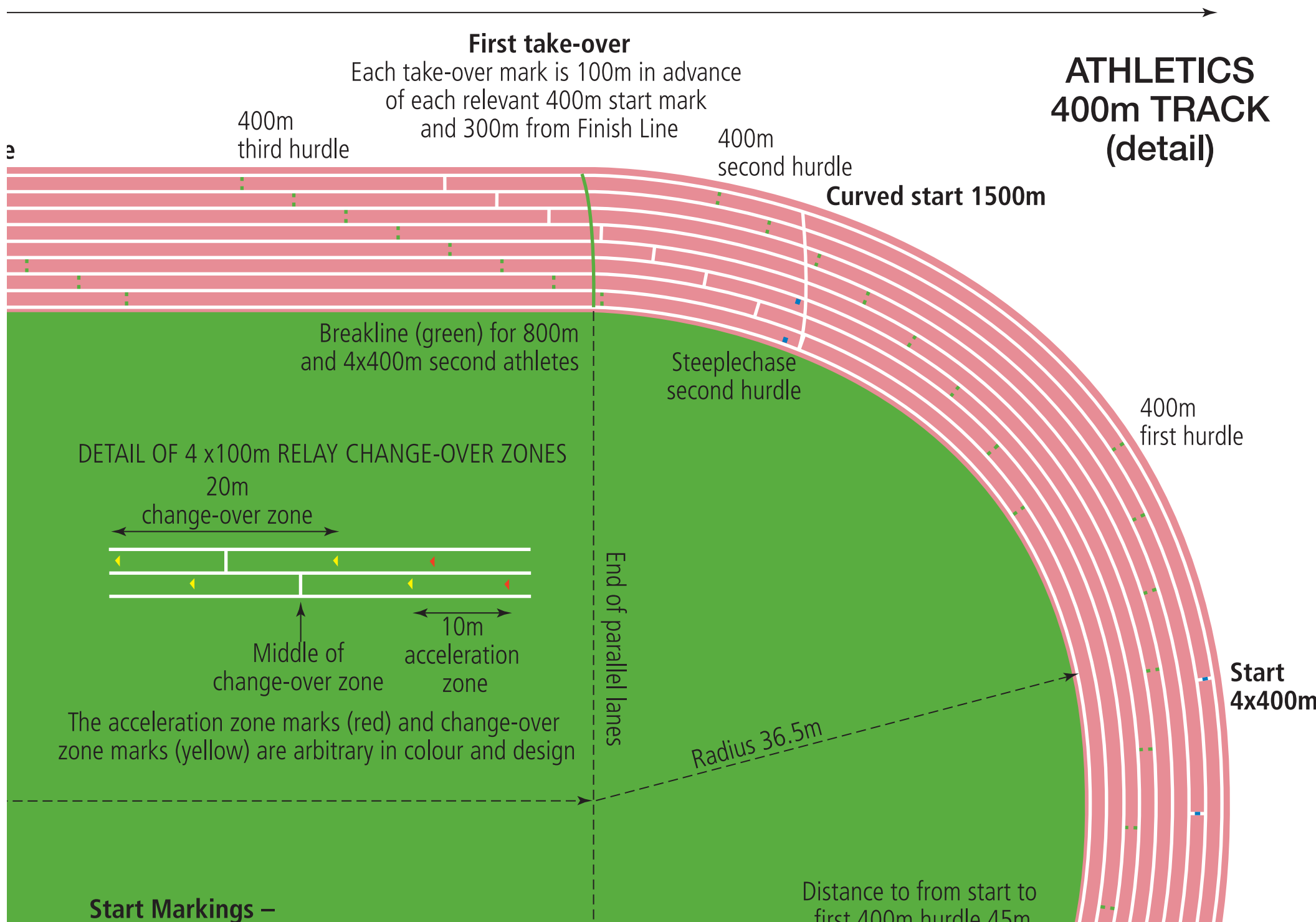
←→
Mens last hurdle to
Finish Line 14.02m

←→
Womens last hurdle to
Finish Line 13.0m

←→
Last 400m hurdle to Finish Line 40m

ATHLETICS
400m TRACK
(detail)

ATHLETICS 400m TRACK (detail)



First take-over

Each take-over mark is 100m in advance of each relevant 400m start mark and 300m from Finish Line

400m third hurdle

400m second hurdle

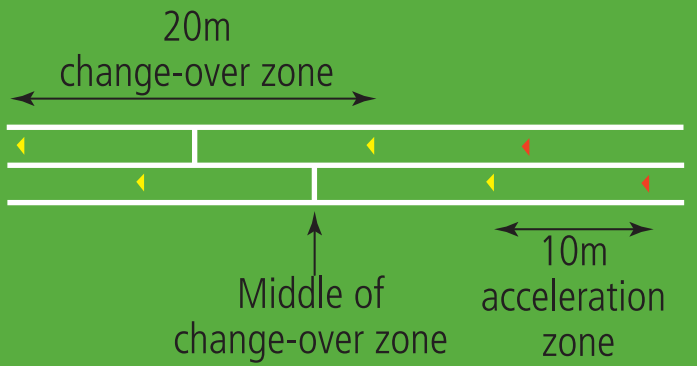
Curved start 1500m

Breakline (green) for 800m and 4x400m second athletes

Steeplechase second hurdle

400m first hurdle

DETAIL OF 4 x 100m RELAY CHANGE-OVER ZONES



End of parallel lanes

Radius 36.5m

Start 4x400m

Distance to from start to first 400m hurdle 45m

Start Markings –

ATHLETICS 400m TRACK (detail)

Curved start
1000m
3000m
5000m

400m
fourth hurdle
Curved start
3000m steeplechase

Start 200m

400m
fifth hurdle

9.76m

Steeplechase
third hurdle

400m
sixth hurdle

Start Markings for 200m – Distances from 200m Scratch Line

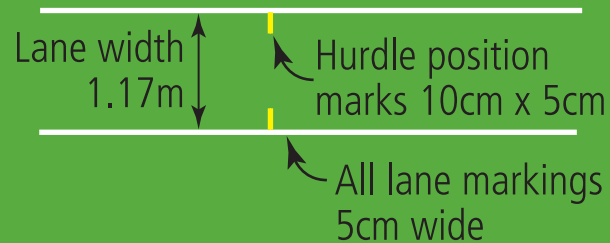
Lane 1	Scratch Line
Lane 2	3.519m
Lane 3	7.352m
Lane 4	11.185m
Lane 5	15.017m
Lane 6	18.850m
Lane 7	22.683m
Lane 8	26.516m

Note: 200m start marks are identical to middle marks of second take-over zones of 4x100m relay

Steeplechase
fourth hurdle

200m Scratch Line

DETAIL OF ALL HURDLE & LANE MARKINGS



73m

84.39m

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zon