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 4x100m relay.

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

On the diagram, the stagers 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.
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

DETAIL OF ALL HURDLE & LANE MARKINGS
Lane width 1.17m
Hurdle position marks 10cm x 5cm
All lane markings 5cm wide
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

DETAIL OF 4 x100m RELAY CHANGE-OVER ZONES
20m change-over zone

Middle of change-over zone

10m acceleration zone

The acceleration zone marks (red) and change-over zone marks (yellow) are arbitrary in colour and design

End of parallel lanes

Radius 36.5m

Start 4x400m
Third take-over

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

Start

110m

To mens 1st hurdle
13.72m

To womens 1st hurdle
13.0m

1 2 3 4 5 6 7 8

400m eighth hurdle

400m waterjump
4x100m relay

End of parallel lanes

73m

Steeplechase

ninth hurdle

Steeplechase

fifth hurdle

Steeplechase hurdles are positioned
approximately equal distances apart.

8.5m between womens 100m hurdles
9.14m between mens 110m hurdles
35m between 400m hurdles

14

The track length of 400m
should be measured 30cm
from inner edge of white line
for Lane 1. For all other lanes
internal distances are measured
20cm from white line.
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

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