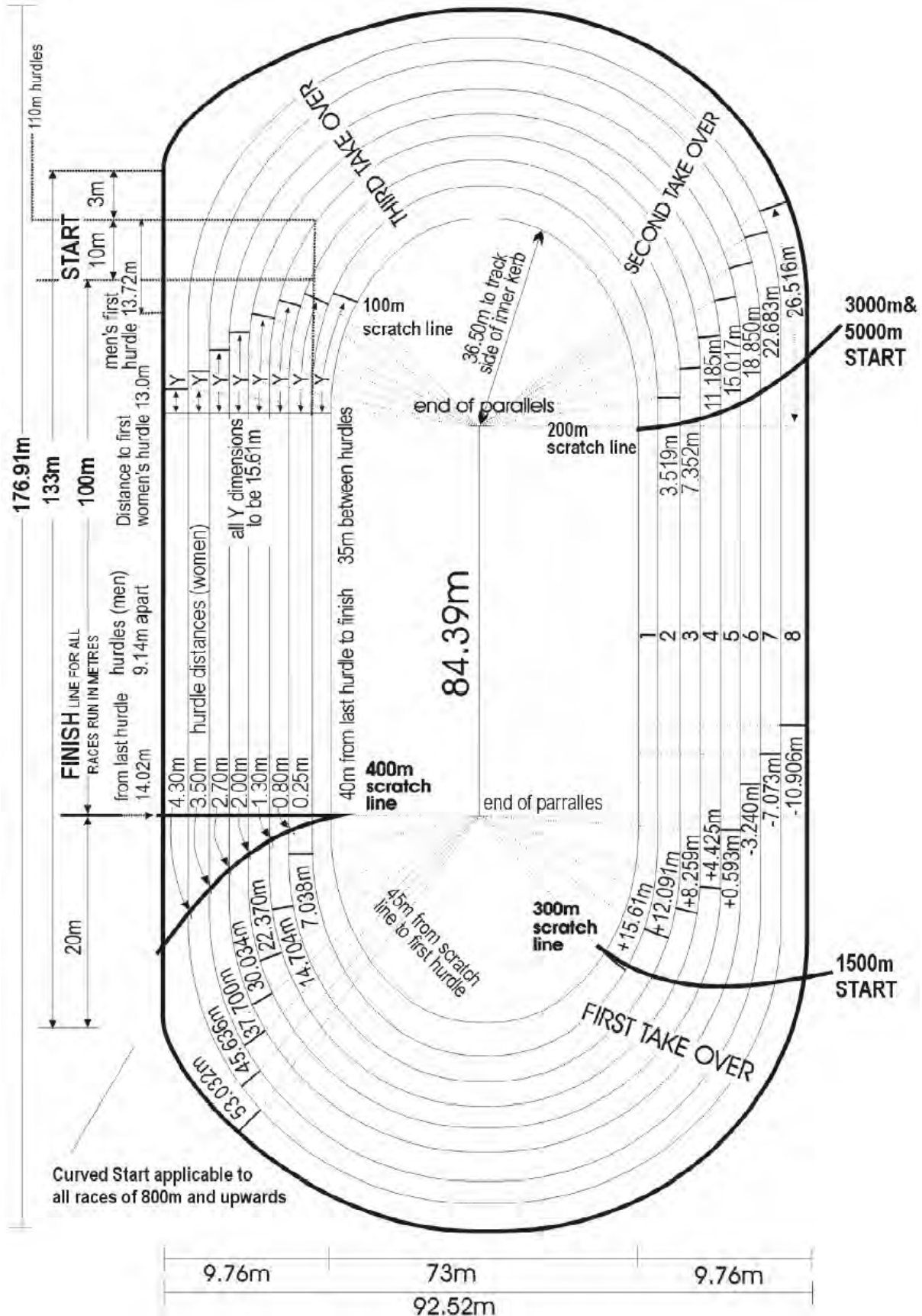




# 400m Running Track





## 400m Running Track

### Track Length

This is based on parallels of 84.39m (92.29yds) and a radius of 36.5m (39.92yds) marking the two end 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 Widths

All lanes are 1.22m (1.33yds) wide and no more than 1.25m (1.37yds). When the inner edge is a chalk line: Lane 1 measures 1.12m (1.22yds). The measurement being taken from the outside edge of one marking line to the outside edge of the next line, going outwards from the track side of the inner kerb. All semicircular curves will be equal.

### 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 (109.36yds) and 300m (328.08yds) apply only when the straights are 84.39m (92.29yds) and must be adjusted for tracks of other proportions.

### Line: -

All lines are 5cm (2in) wide and White in colour.