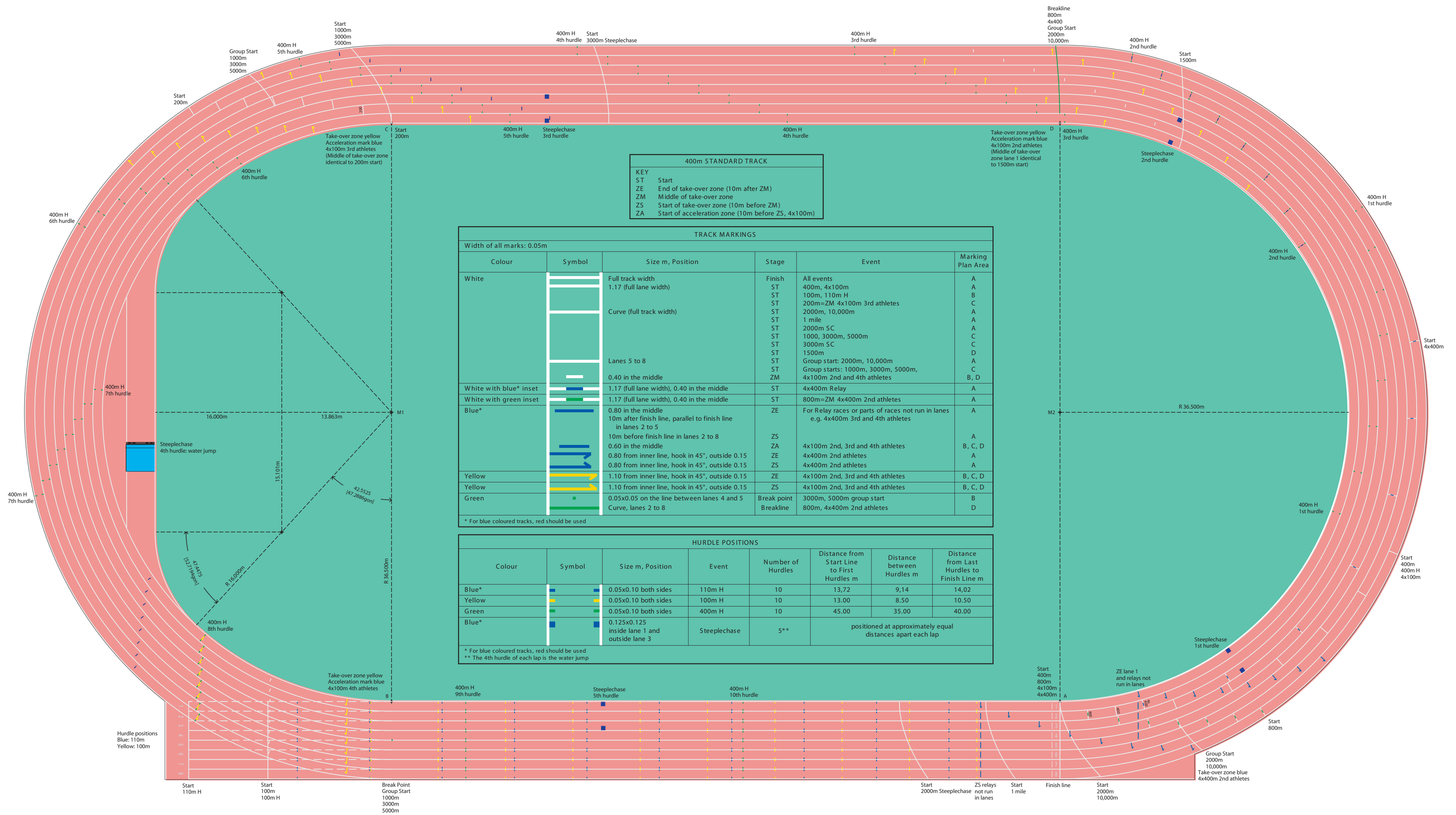


IAAF 400 METRE STANDARD TRACK, MARKING PLAN

SCALE - 1:350



CONSTRUCTION MEASUREMENTS		m
Construction radius of curve (including the raised kerb on inside of track)		36.500
Radius of measurement line (line of running) in lane 1 (0.30m outside raised kerb)		36.800
Length of each straight section		84.390
Length of each bend on construction line (kerb line)		114.668
Length of each bend along line of running		115.611
Length of track on construction line (kerb line)		398.116
Length of track along line of running		400.001
Width of lanes (including 0.05m on outside)		1.220
Length of Steeplechase lap along line of running where the water jump is inside the 400m track		396.084
With the exception of lane 1, all lanes are measured 0.20m out from the outer edge of the inner line.		
All race distances are measured in a clockwise direction from the edge of the finish line nearer to the start to the edge of the appropriate line farther from the finish.		
Marking of start, relay and hurdle positions: With measuring tape on straights only; with theodolite on the bends according to the centre angles of the nominal arc segments.		
Marking with measuring tape on bends only as a backup method: E.g. checking, correcting and supplementing.		
In each lane, always measure from the start (A,C) or end (B,D) of the arc.		

Lane staggers in m, measurement line distance 0.20m from lane line (Width of lanes 1.22)									
Distance on Line of Running	Marking Plan Area	Bends Run in Lanes	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
200	C	1	3.519	7.352	11.185	15.017	18.850	22.683	26.516
400	A	2	7.038	14.704	22.370	30.034	37.700	45.366	53.032
800	A	1	3.526	7.384	11.260	15.151	19.061	22.989	26.933
4x400	A	3	10.564	22.088	33.630	45.185	56.761	68.355	79.965

Figure 2.2.1.6a - Marking plan for the IAAF 400m Standard Track