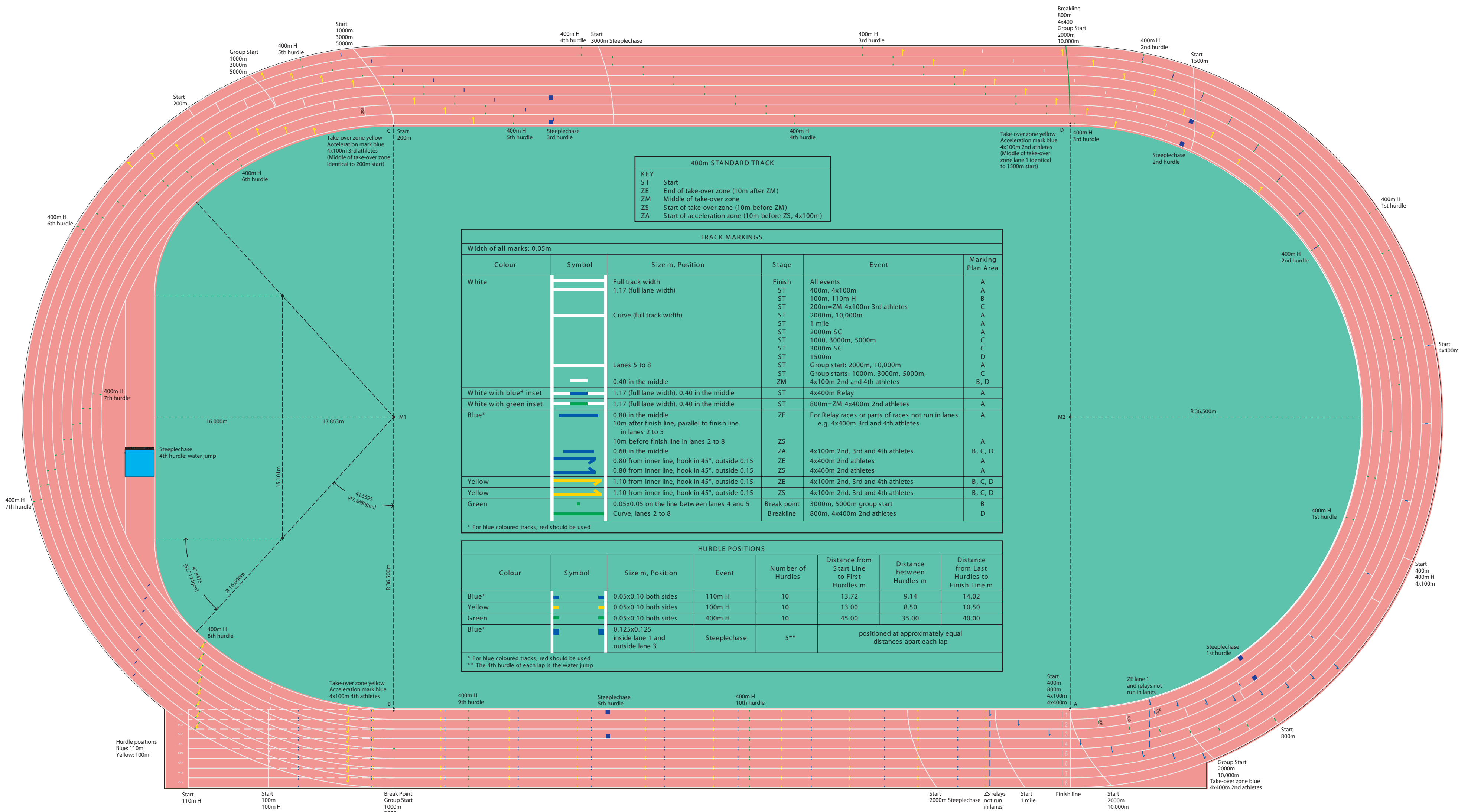


IAAF 400 METRE STANDARD TRACK, MARKING PLAN

SCALE - 1:350



400m STANDARD TRACK

KEY

ST Start

ZE End of take-over zone (10m after ZM)

ZM Middle of take-over zone

ZS Start of take-over zone (10m before ZM)

ZA Start of acceleration zone (10m before ZS, 4x100m)

TRACK MARKINGS

Width of all marks: 0.05m

Colour	Symbol	Size m, Position	Stage	Event	Marking Plan Area
White	[Symbol]	Full track width	Finish	All events	A
	[Symbol]	1.17 (full lane width)	ST	400m, 4x100m	A
	[Symbol]	Curve (full track width)	ST	100m, 110m H	B
	[Symbol]		ST	200m=ZM 4x100m 3rd athletes	C
	[Symbol]		ST	2000m, 10,000m	A
	[Symbol]		ST	1 mile	A
	[Symbol]		ST	2000m SC	A
	[Symbol]		ST	1000, 3000m, 5000m	C
	[Symbol]		ST	3000m SC	C
	[Symbol]		ST	1500m	D
	[Symbol]	Lanes 5 to 8	ST	Group start: 2000m, 10,000m	A
	[Symbol]		ST	Group starts: 1000m, 3000m, 5000m, 4x100m 2nd and 4th athletes	B, D
	[Symbol]	0.40 in the middle	ST	4x400m Relay	A
White with blue* inset	[Symbol]	1.17 (full lane width), 0.40 in the middle	ST	800m=ZM 4x400m 2nd athletes	A
White with green inset	[Symbol]	1.17 (full lane width), 0.40 in the middle	ST		A
Blue*	[Symbol]	0.80 in the middle	ZE	For Relay races or parts of races not run in lanes e.g. 4x400m 3rd and 4th athletes	A
	[Symbol]	10m after finish line, parallel to finish line in lanes 2 to 5			
	[Symbol]	10m before finish line in lanes 2 to 8	ZS		A
	[Symbol]	0.60 in the middle	ZA	4x100m 2nd, 3rd and 4th athletes	B, C, D
	[Symbol]	0.80 from inner line, hook in 45°, outside 0.15	ZE	4x400m 2nd athletes	A
	[Symbol]	0.80 from inner line, hook in 45°, outside 0.15	ZS	4x400m 2nd athletes	A
Yellow	[Symbol]	1.10 from inner line, hook in 45°, outside 0.15	ZE	4x100m 2nd, 3rd and 4th athletes	B, C, D
Yellow	[Symbol]	1.10 from inner line, hook in 45°, outside 0.15	ZS	4x100m 2nd, 3rd and 4th athletes	B, C, D
Green	[Symbol]	0.05x0.05 on the line between lanes 4 and 5	Break point	3000m, 5000m group start	B
	[Symbol]	Curve, lanes 2 to 8	Breakline	800m, 4x400m 2nd athletes	D

* For blue coloured tracks, red should be used

HURDLE POSITIONS

Colour	Symbol	Size m, Position	Event	Number of Hurdles	Distance from Start Line to First Hurdles m	Distance between Hurdles m	Distance from Last Hurdles to Finish Line m
Blue*	[Symbol]	0.05x0.10 both sides	110m H	10	13.72	9.14	14.02
Yellow	[Symbol]	0.05x0.10 both sides	100m H	10	13.00	8.50	10.50
Green	[Symbol]	0.05x0.10 both sides	400m H	10	45.00	35.00	40.00
Blue*	[Symbol]	0.125x0.125 inside lane 1 and outside lane 3	Steeplechase	5**	positioned at approximately equal distances apart each lap		

* For blue coloured tracks, red should be used

** The 4th hurdle of each lap is the water jump

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



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