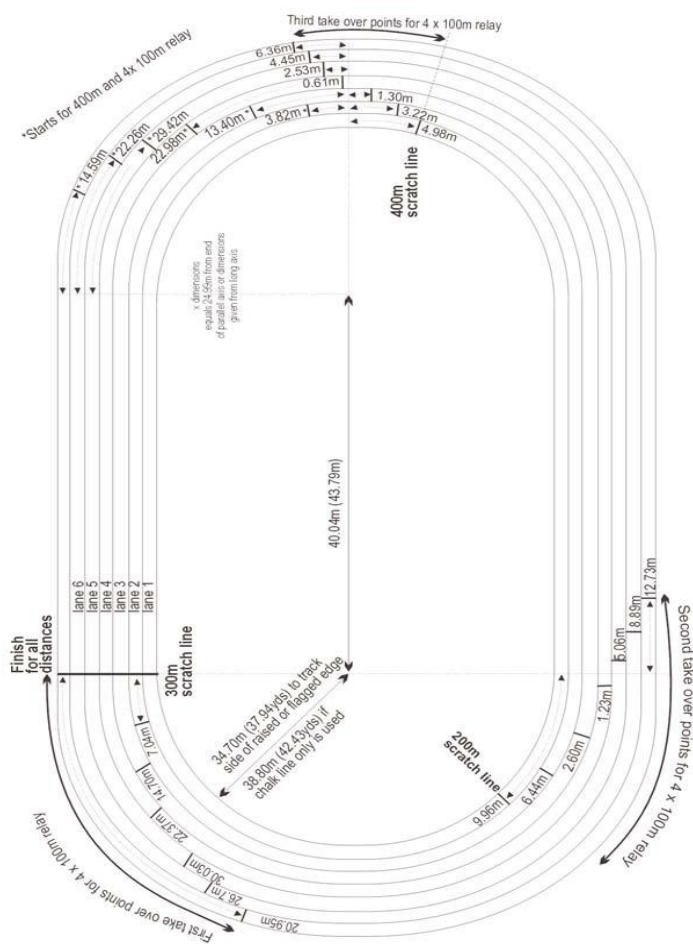




300m Track



Pitch Marking Guidelines

300m (328.08 yds)

Track Length

Based on parallels of 40.04m (43.79yds) and a radius of 35m (38.28yds), marking the two turns.

The measurement is taken 30cm (11.81in) 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 white line.

Lane Widths

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 trackside of the inner kerb. All semicircular curves will be equal. The diagram shows starts for 200, 300 and 400 meters and take over distance points for 4 x 100m relay.

Stagers

Lane 2-8

Line Width

5cm (1.79in) wide

Colour

White

Please be advised that these are produced in good faith and Souters Sports Ltd dose not accept any responsibility for any variation of dimension that may occur.