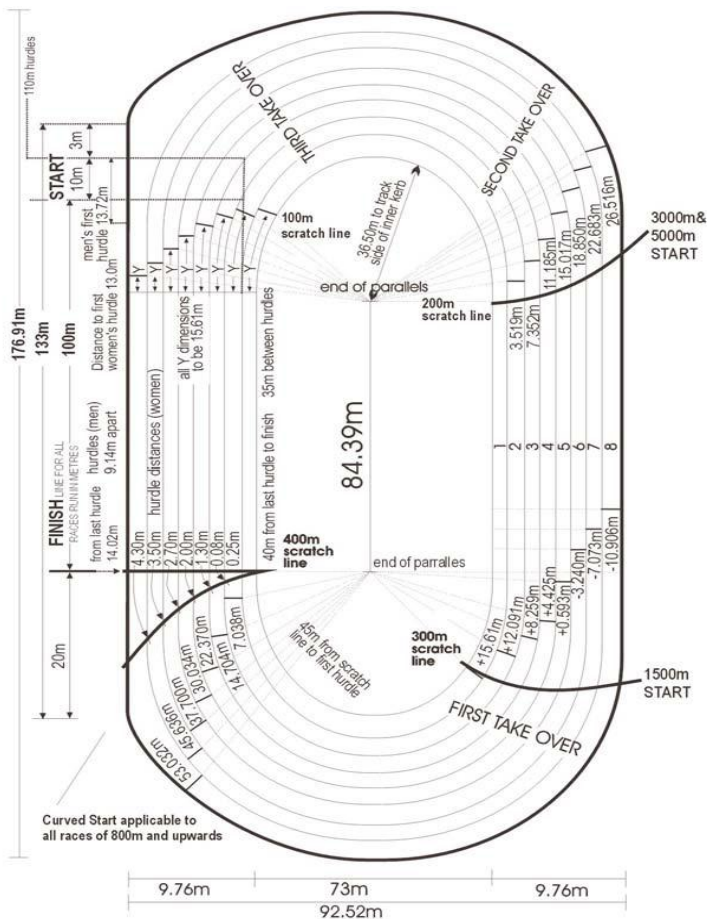




400m Track



Pitch Marking Guidelines

400m (437 yds)

Track Length

Based on parallels of 84.39m (92.29yds) and a radius of 36.5m (39.92yds), 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 trakside of the inner kerb. All semicircular curves will be equal.

Staggers

Lane 2-8 measurements are taken along a 20cm (7.87in) line from inside edge of each lane. The staggers for 100m (109.36yds) and 300m (328.08yds) apply only when the straights are 84.39m (92.29yds).

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.