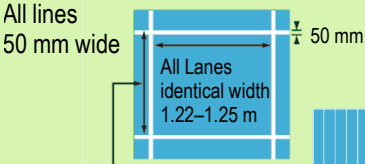
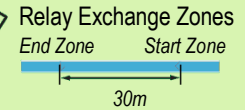


# Map 2 TRACK MARKINGS



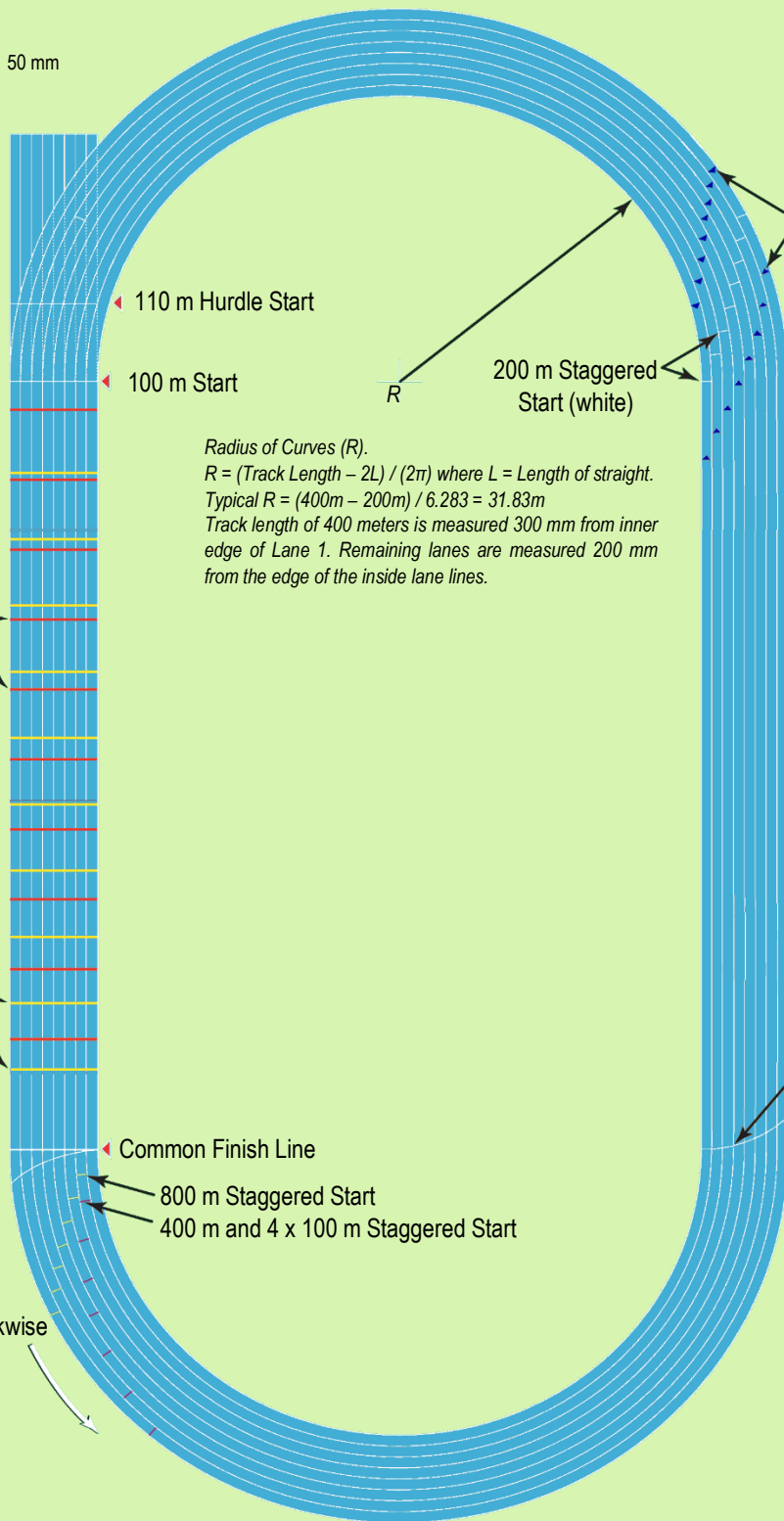
All lines coloured White except:  
 White/Green 800m staggered start  
 Yellow 4 x 100m Relay Zones, 100m Hurdles  
 Red 110m Hurdles  
 Black 80m Hurdles

The distance of a race is measured from the edge of the starting line further from the finish, to the edge of the finish line nearer to the start.



The baton MUST be exchanged within these 30 m zones, which span 15 m on either side of a take-over mark at the centre of the zone.

For 4 x 100 m there are three zones in each lane, centred 100m, 200m, & 300m from the start.



Radius of Curves (R).  
 $R = (\text{Track Length} - 2L) / (2\pi)$  where L = Length of straight.  
 Typical R =  $(400\text{m} - 200\text{m}) / 6.283 = 31.83\text{m}$   
 Track length of 400 meters is measured 300 mm from inner edge of Lane 1. Remaining lanes are measured 200 mm from the edge of the inside lane lines.

110 m Hurdles Spacing:  
 • 13.72 m start to first hurdle  
 • 9.14 m hurdle to hurdle  
 • 14.02 m last hurdle to finish  
 10 hurdles total (red marks)

100 m Hurdles Spacing:  
 • 13 m start to first hurdle  
 • 8.5 m hurdle to hurdle  
 • 10.5 m last hurdle to finish  
 10 hurdles total (yellow marks)

Crossover Line: 800 m: Runners in Lap 1 stay in lanes until this point, at which they may proceed to inner lanes for the rest of the race.

Races proceed counter-clockwise (turning left):  
 ½ Lap = 200 meters  
 1 Lap = 400 meters  
 2 Laps = 800 meters

All measurements in METERS.  
 Diagram is for information only and NOT to scale.