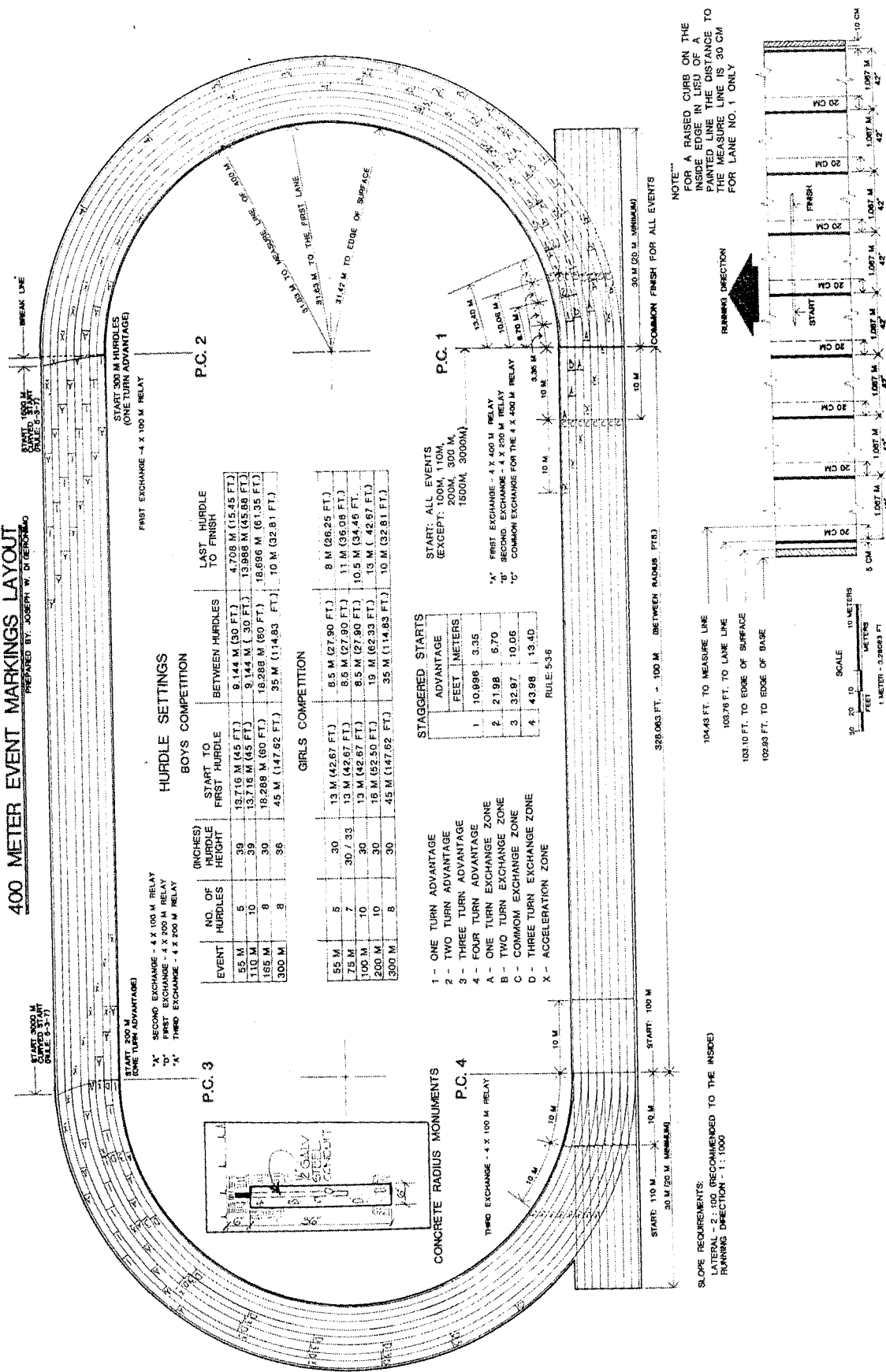


TRACK AND FIELD

400 METER EVENT MARKINGS LAYOUT

PREPARED BY: JOSEPH W. D'ERMONDO

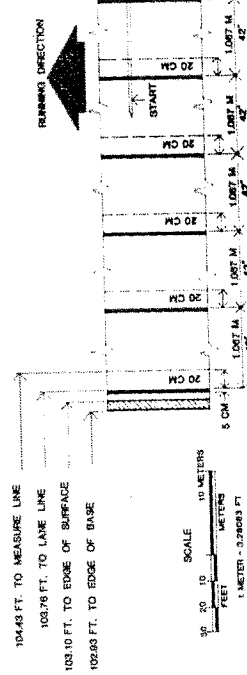


STAGGERED STARTS

EVENT	ADVANTAGE	FEET	METERS
1	ONE TURN ADVANTAGE	10.986	3.35
2	TWO TURN ADVANTAGE	21.98	6.70
3	THREE TURN ADVANTAGE	32.97	10.06
4	FOUR TURN ADVANTAGE	43.98	13.40

RULE: 5-3.6

NOTE: FOR A RAISED CURB ON THE INSIDE EDGE OF THE TRACK, THE MEASURE LINE IS 30 CM FOR LANE NO. 1 ONLY.



SLOPE REQUIREMENTS:
LATERAL - 2:1 (80 RECOMMENDED TO THE INSIDE)
RUNNING DIRECTION - 1:1000