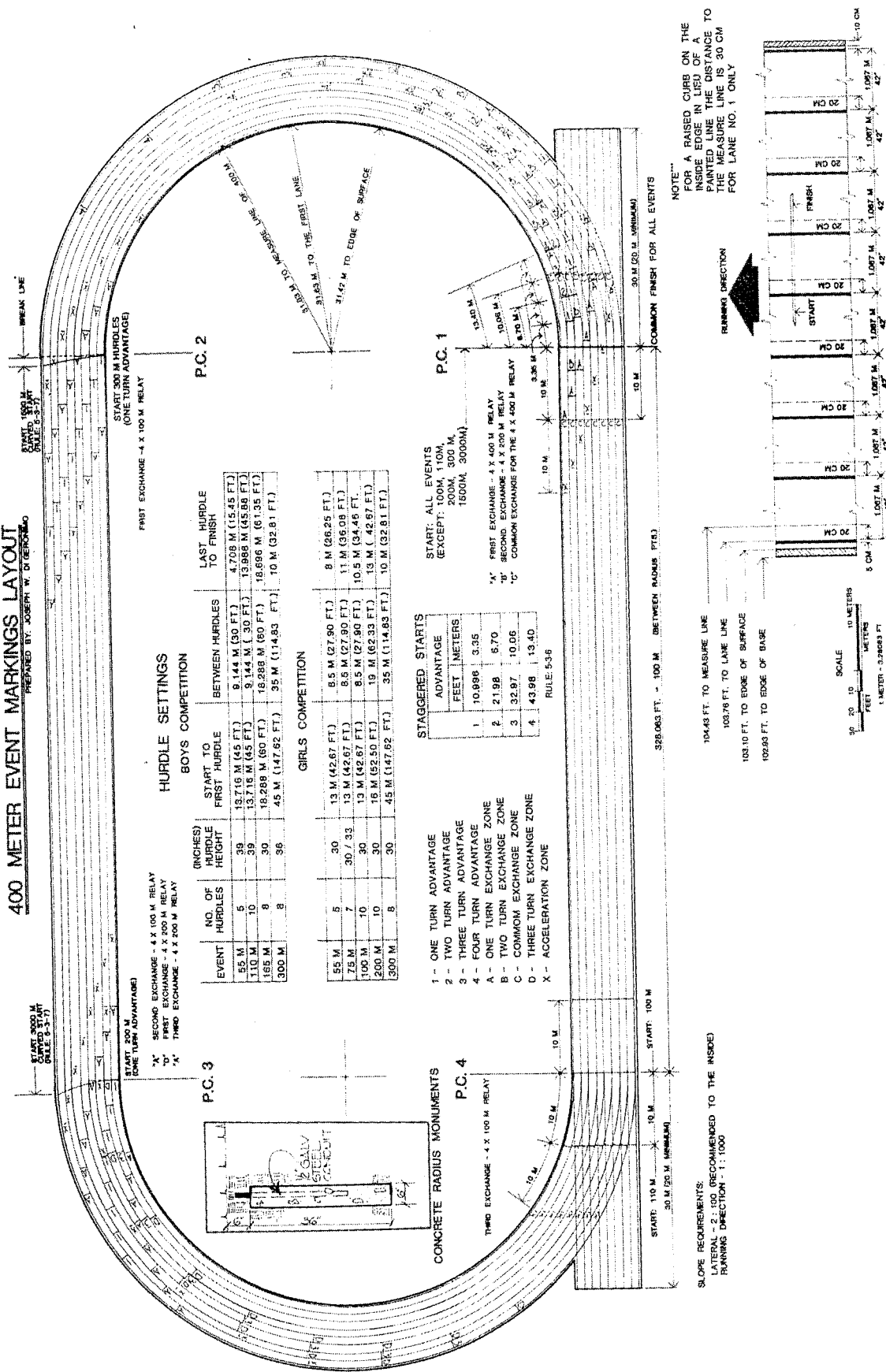


# TRACK AND FIELD

## 400 METER EVENT MARKINGS LAYOUT

PREPARED BY: JOSEPH W. D'ERMONDO



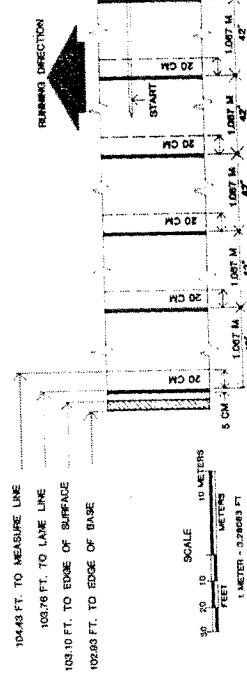
**STAGGERED STARTS**

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: 5-36

- CONCRETE RADIUS MONUMENTS**
- P.C. 4**
- THIRD EXCHANGE - 4 X 100 M RELAY
- 1 - ONE TURN ADVANTAGE
  - 2 - TWO TURN ADVANTAGE
  - 3 - THREE TURN ADVANTAGE
  - 4 - FOUR TURN ADVANTAGE
  - A - ONE TURN EXCHANGE ZONE
  - B - TWO TURN EXCHANGE ZONE
  - C - COMMON EXCHANGE ZONE
  - D - THREE TURN EXCHANGE ZONE
  - X - ACCELERATION ZONE

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)  
RACING DIRECTION - 1:1000