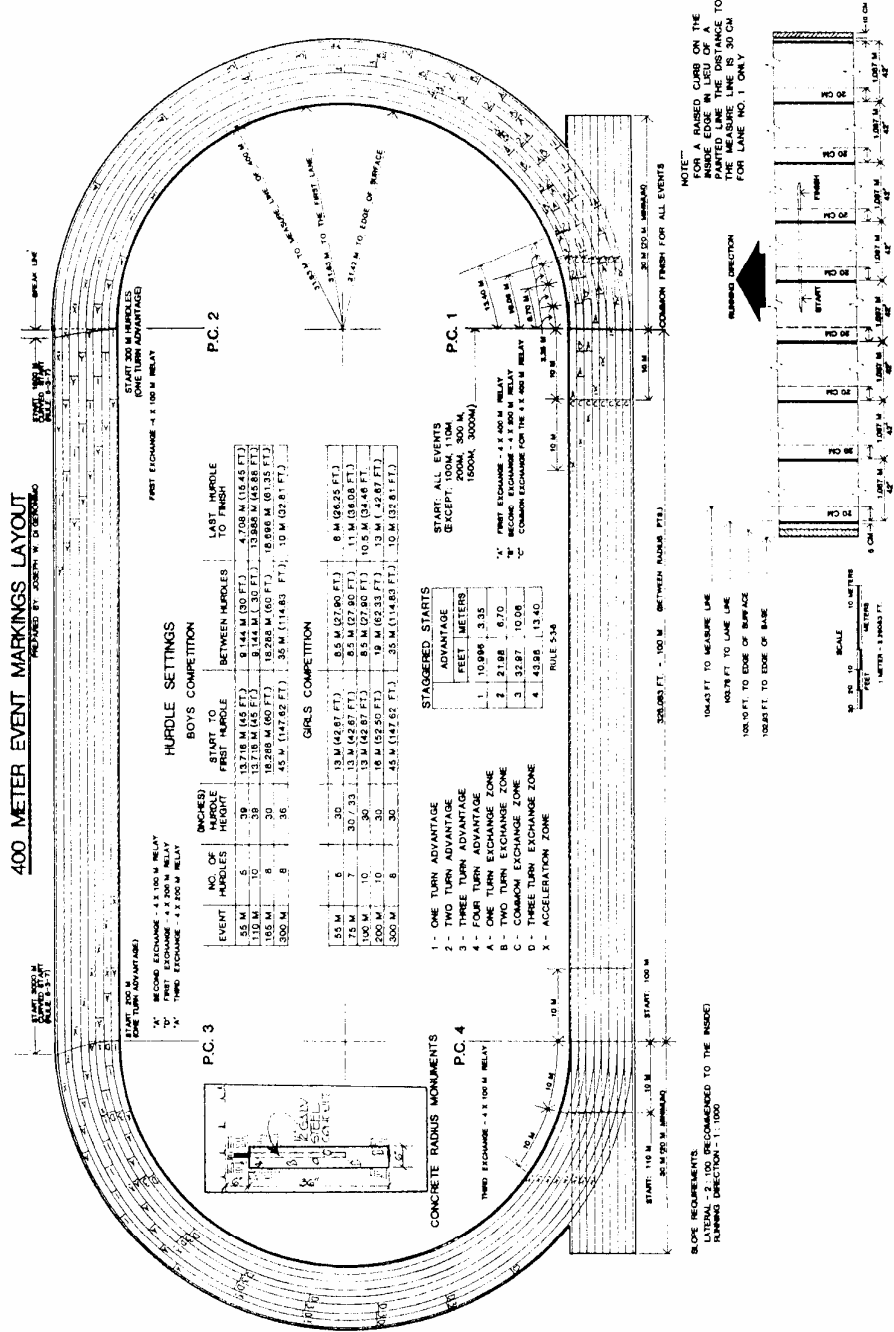


TRACK AND FIELD

400 METER EVENT MARKINGS LAYOUT

DESIGNED BY JOSEPH W. D'ONOFIO



HURDLE SETTINGS

EVENT	NO. OF HURDLES	DICKER HEIGHT	BOYS COMPETITION		GIRLS COMPETITION	
			START TO FIRST HURDLE	BETWEEN HURDLES	START TO FIRST HURDLE	BETWEEN HURDLES
100 M	6	36	13.716 M (45 FT)	8.144 M (27 FT)	8.144 M (27 FT)	4.708 M (15.45 FT)
150 M	10	36	13.716 M (45 FT)	8.144 M (27 FT)	13.355 M (43.82 FT)	8.144 M (27 FT)
200 M	10	36	18.266 M (60 FT)	18.266 M (60 FT)	18.266 M (60 FT)	18.266 M (60 FT)
300 M	6	36	45.1 M (147.92 FT)	35.1 M (114.83 FT)	35.1 M (114.83 FT)	10.1 M (33.12 FT)

STAGGERED STARTS

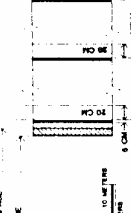
EVENT	ADVANTAGE	FEET	METERS
100 M	1	10.995	3.35
150 M	1	21.98	6.70
200 M	3	32.97	10.05
300 M	4	43.96	13.40

RULE 5-34

- CONCRETE RADIUS MONUMENTS**
- 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 - THREE TURN EXCHANGE ZONE
 - X - ACCELERATION ZONE

NOTE: ALL EVENTS EXCEPT 100M, 150M, 200M, 300 M, 1500M, 3000M

- * FIRST EXCHANGE - 1.100 M RELAY
- ** SECOND EXCHANGE - 1.100 M RELAY
- *** COMMON EXCHANGE FOR THE 1.100 M RELAY



TRACK USE ONLY

Note: For equal quadrant track

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