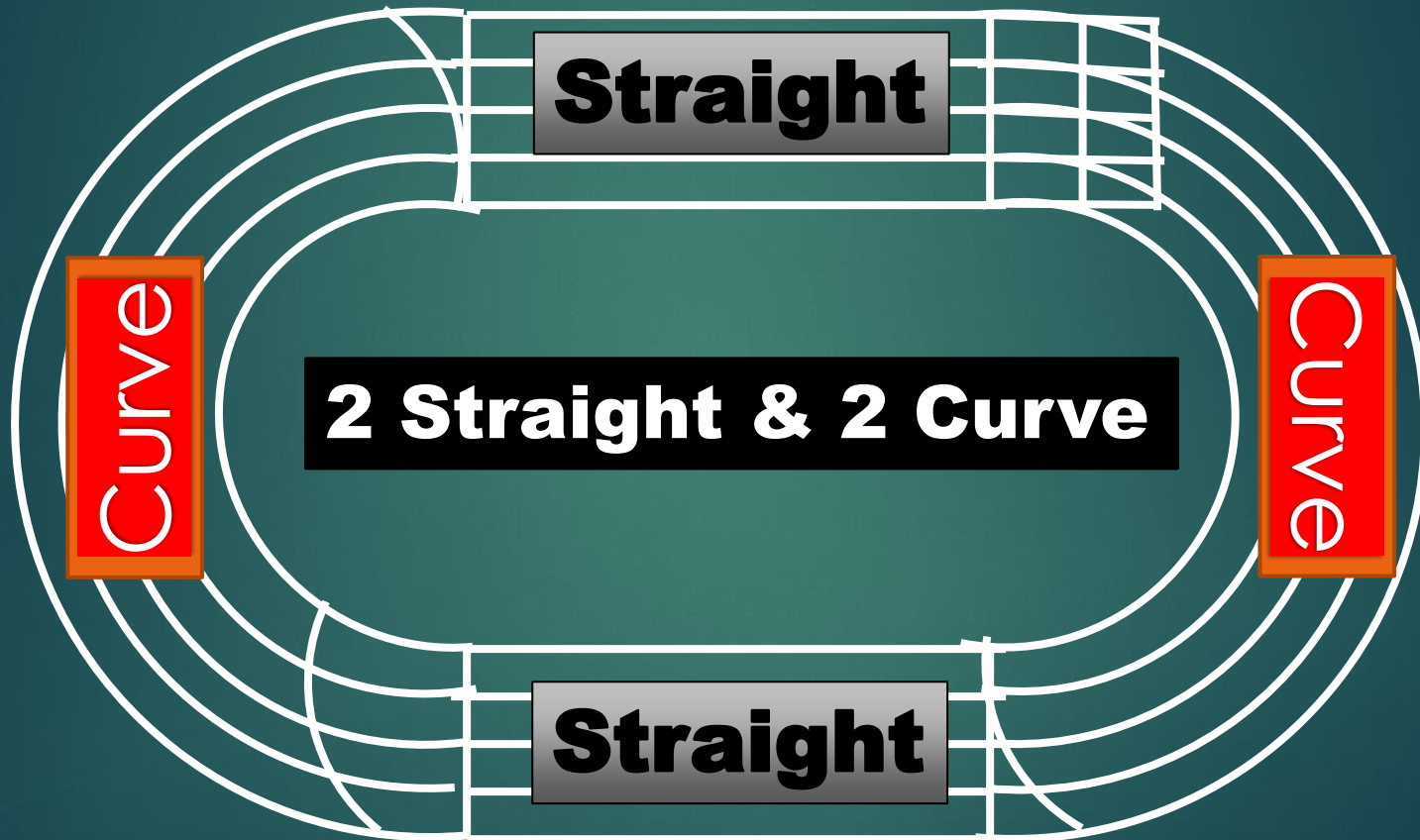




STEPS FOR MARKING 400M TRACK

Rajan Bhatia

Athletics Track



400 m Track

Oval shape

2 Straights and 2 Curves

Number of lanes 8

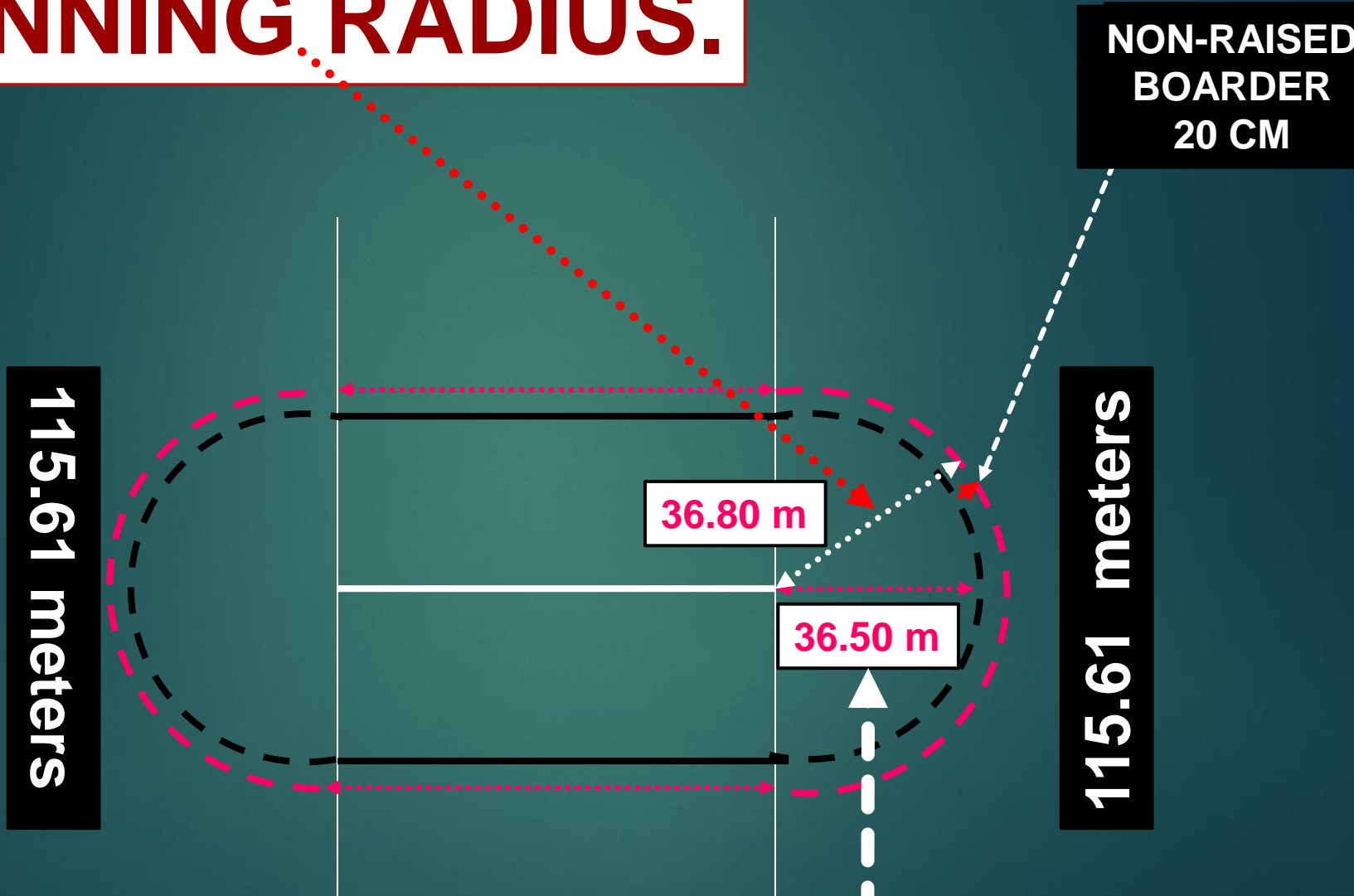
Width of the lane = 1.22 m

Length of the Straight = 84.39 m

Length of the Curve = $231.22 / 2 = 115.61\text{m}$

Width of the line = 5 cm

RUNNING RADIUS.



NON-RAISED
BOARDER
20 CM

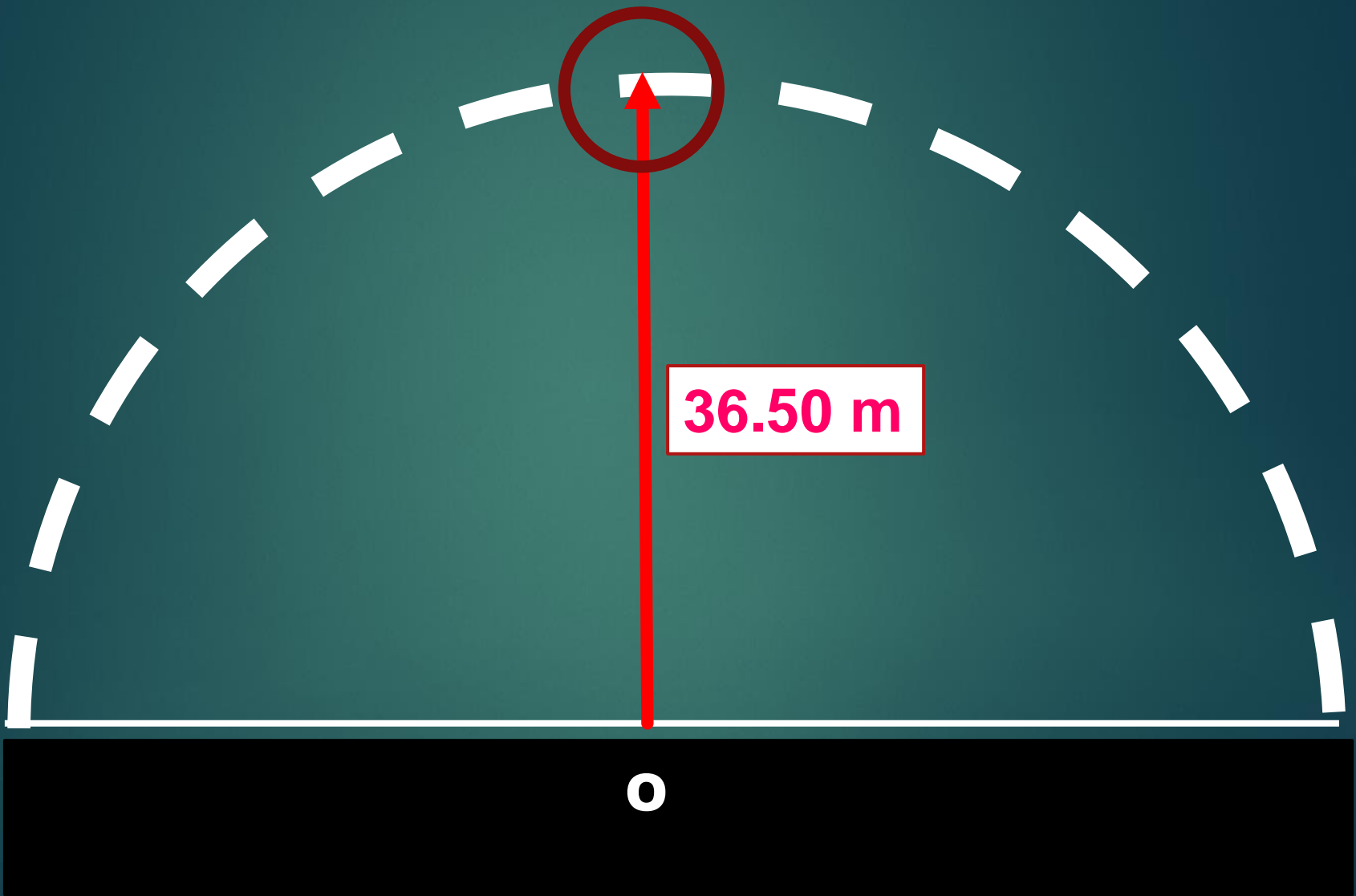
115.61 meters

115.61 meters

36.80 m

36.50 m

MARKING RADIUS.



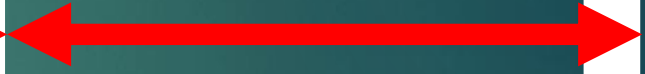
36.50 m

0

Inner Boarder



Lane 1



Lane 2



Width of the lane

Finish Line

Start Line



**Width of the start and
finish line is 5 cm**



Start of :

200 m.

400 m,

800 m,

**4 X 100 m
Relay**

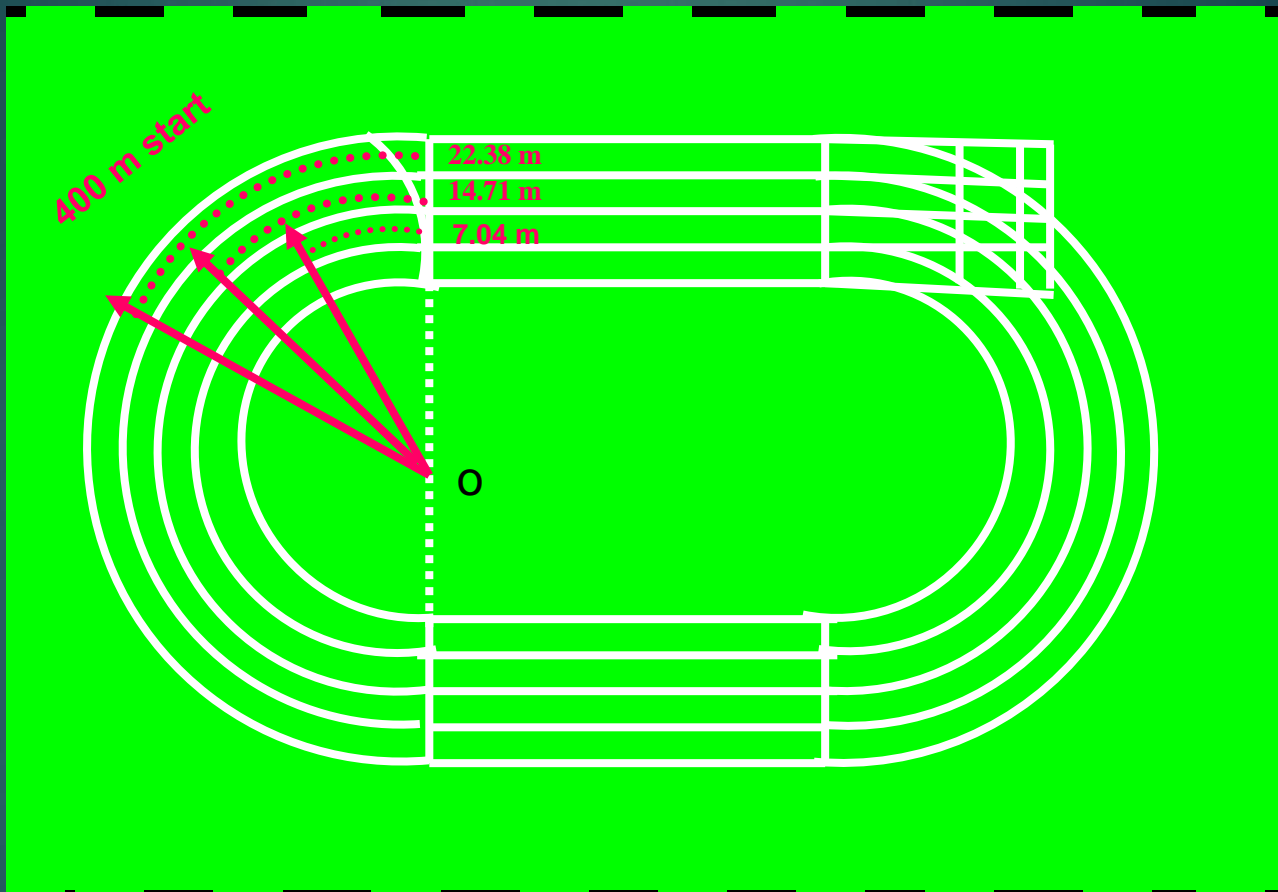
**4 X 400 m
Relay**

EVENT	STAGGER
200 M	HALF STAGGER
400 M	FULL STAGGER
4X100 M RELAY	FULL STAGGER
800 M	HALF STAGGER + DD
4X400 M RELAY	ONE AND A HALF STAGGER + DD

STAGGER DISTANCES IN VARIOUS RACES

Distance running	Bends run in lanes	L2	L3	L4	L5	L6	L7	L8
200 M	1	3.519	7.351	11.184	15.017	18.850	22.682	26.515
400 M	2	7.037	14.703	22.368	30.034	37.699	45.365	53.030
800 M	1	3.526	7.384	11.259	15.151	19.060	22.987	26.930
4 X 400 M	3	10.563	22.086	33.627	45.185	56.760	68.352	79.960

Marking 400 m staggers for lane 2, 3, and 4.



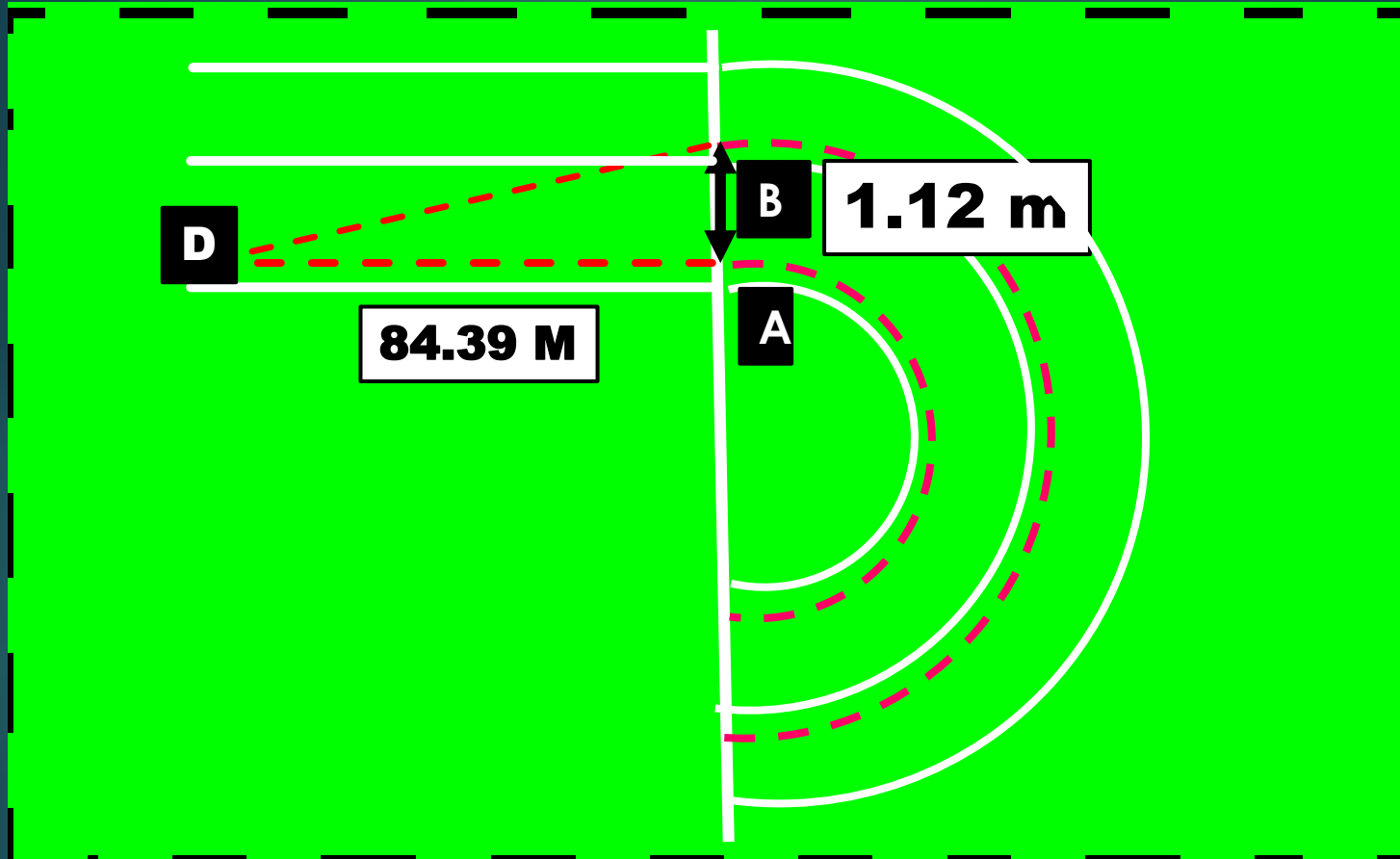


Start for 800 m and 4 X 400 m Relay

For 800 m:- Half Stagger + Diagonal Distance

For 4 X 400 m Relay:- One and a Half Stagger + Diagonal Distance

Diagonal Distance



$$DD = 84.3974 - 84.39$$

$$= .0074 \text{ m}$$

LANE	DIAGONAL DISTANCE
2	0.007 M
3	0.033 M
4	0.075 M
5	0.135 M
6	0.21 M
7	0.305 M
8	0.415 M

400 m Track

2 Straights and 2 Curves

Number of lanes 8

Width of the lane = 1.22 m

Length of the Straight = 84.39 m

Length of the Curve 115.61m

Width of the line = 5 cm

THANKS FOR THE PATIENCE YOU SHOWED