

All lines 50 mm wide and colored white. (see exceptions at right)



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.

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)

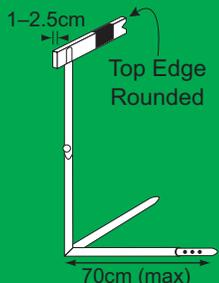
1600 m / 3200 m Waterfall Start

Races proceed counter-clockwise (turning left):
 ½ Lap = 200 meters
 1 Lap = 400 meters
 2 Laps = 800 meters
 4 Laps = 1600 meters
 8 Laps = 3200 meters

All lines colored White except:
 White w/Green 800m Staggered Start
 White w/Blue 4x400m Staggered Start
 Green Break Lines, 400H
 Light Blue 4x400m Relay Zones
 Yellow 4 x100m Relay Zones, 100m Hurdles
 Orange 4 x100m Acceleration
 Blue 110m Hurdles

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 Hurdle Start
 100 m Start
 100 m Hurdle Start
 200 m Staggered Start (white)



Hurdle Heights

	100/110m	300m
Girls	33"	30"
Boys	39"	36"

Relay Exchange Zones:



The baton **MUST** be exchanged within these 20 m zones, which are marked with arrows pointing into the zone and which span 10 m on either side of a take-over mark at the center of the zone. For 4x100 m there are three zones in each lane, centered 100m, 200m, & 300m from the start. For 4x400 m there is one zone at start line. See crossover line note below for remainder of 4x400 m race.

300 m Hurdles Spacing:

- 45 m from start to first hurdle
- 35 m hurdle to hurdle
- 10 m last hurdle to finish line
- 8 hurdles total (blue marks)

300 m Hurdles Staggered Start

Crossover Line:
 800 m / 4 x 800m: Runners in Lap 1 stay in lanes until this point, at which they may proceed to inner lanes for the rest of the race.
 4 x 400 m: Runners in Lap 1 stay in lanes. Exchange zone is 20m centered around start positions. Runners in Lap 2 stay in lanes until this point. They may then move to inside lanes as in 800 m race.

Order of Events in a Typical Meet. Note: in most scholastic meets there are NO trials, only finals.

1.	100 Meter Low Hurdles	Trial	Girls
2.	110 Meter High Hurdles	Trial	Boys
3.	100 Meter Dash	Trial	Girls / Boys
4.	4 x 800 Meter Relay	Final	Girls / Boys
5.	300 Meter Hurdles	Final	Girls / Boys
6.	200 Meter Dash	Trial	Girls / Boys
7.	100 Meter Low Hurdles	Final	Girls
8.	110 Meter High Hurdles	Final	Boys
9.	100 Meter Dash	Final	Girls / Boys
10.	1600 Meter Run	Final	Girls / Boys
11.	400 Meter Run	Final	Girls / Boys
12.	4 x 100 Meter Relay	Final	Girls / Boys
13.	800 Meter Run	Final	Girls / Boys
14.	200 Meter Dash	Final	Girls / Boys
15.	3200 Meter Run	Final	Girls / Boys
16.	4 x 400 Meter Relay	Final	Girls / Boys

Common Finish Line
 800 m and 4 x 800 m Staggered Start (green)
 400 m and 4 x 100 m Staggered Start (purple)

All measurements in METERS except the height of hurdles.

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