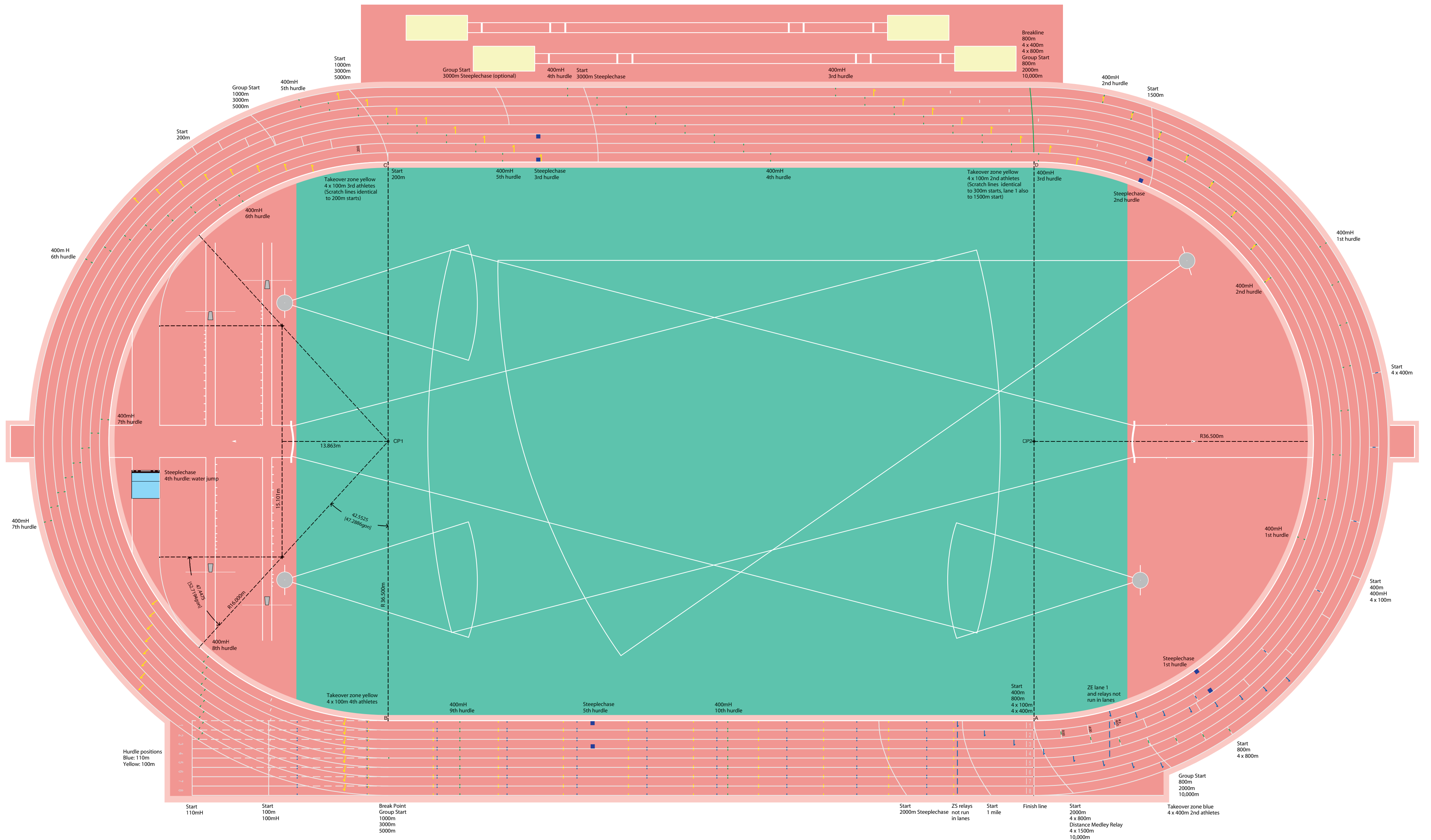


# 400 METRE STANDARD TRACK, MARKING PLAN

SCALE - 1:350



HURDLE POSITIONS			
Colour	Symbol	Size (m), Position	Event
Blue*		0.05 x 0.10 both sides	110mH
Yellow		0.05 x 0.10 both sides	100mH
Green		0.05 x 0.10 both sides	400mH
Blue*		0.125 x 0.125 inside lane 1 and outside lane 3	Steeplechase

\* For blue coloured tracks, red should be used

KEY	
ST	Start
ZE	End of takeover zone (10m after SL)
SL	Scratch line (start of leg distance)
ZS	Start of takeover zone (20m before SL)

TRACK MARKINGS					
Width of all marks: 0.05m					
Colour	Symbol	Size (m), Position	Stage	Event	Marking Plan Area
White		Full track width	Finish	All events	A
		1.17 (full lane width)	A	400m, 4 x 100m	A
White with blue* inset		Curve (full track width)	ST	100m, 110mH	B
			ST	200m = SL 4 x 100m 3rd athletes	C
		ST	1 mile	A	
		ST	2000mSC	A	
		ST	1000, 3000m, 5000m	C	
		ST	3000mSC	C	
		ST	1500m	D	
		ST	Group start: 2000m, 10,000m	A	
		ST	Group starts: 1000m, 3000m, 5000m,	A	
		SL	4 x 100m 2nd and 4th athletes	B, D	
White with green* inset		0.40 in the middle	ST	4 x 400m	A
White with green* inset		1.17 (full lane width), 0.40 in the middle	ST	800m = SL 4 x 400m 2nd athletes	A

TRACK MARKINGS					
Width of all marks: 0.05m					
Colour	Symbol	Size (m), Position	Stage	Event	Marking Plan Area
Blue*		0.80 in the middle	ZE	For Relay races or parts of races not run in lanes e.g. 4 x 400m 3rd and 4th athletes	A
		10m after finish line, parallel to finish line in lanes 2 to 5	ZE		A
		10m before finish line in lanes 2 to 8	ZS		A
		0.80 from inner line, hook in 45°, outside 0.15	ZE	4 x 400m 2nd athletes	A
Yellow		0.80 from inner line, hook in 45°, outside 0.15	ZE	4 x 400m 2nd athletes	A
		1.10 from inner line, hook in 45°, outside 0.15	ZE	4 x 100m 2nd, 3rd and 4th athletes	B, C, D
Green		1.10 from inner line, hook in 45°, outside 0.15	ZS	4 x 100m 2nd, 3rd and 4th athletes	B, C, D
		0.05 x 0.05 on the line between lanes 4 and 5	Break point	3000m, 5000m group start	B
Blue*		Curve, lanes 2 to 8	Breakline	800m, 4x400m 2nd athletes	D

\* For blue coloured tracks, red should be used

Figure 2.2.1.6a - Marking plan for the 400m Standard Track

