



Athletics

300m track

DISTANCE

300m (328.08yd).

TRACK LENGTH

Measurement based on parallels of 40.04m (43.79yd) and a radius of 35m (38.28yd), marking the two turns.

Measurement is taken 30cm (11.8in) from the inner edge for Lane 1 if there is a raised border, or 20cm (7.87in) if there is no border.

All other lane distances are measured 20cm (7.87in) from white line.

LANE WIDTHS

Measures 1.22m (1.33yd) wide and no more than 1.25m (1.37yd). When the inner edge is a chalk line: Lane 1 measures 1.12m (1.22yd). The measurement being taken from the outside edge of one marking line to the outside edge of the next line, going outwards from the track-side of the inner kerb. All semicircular curves will be equal.

STAGGERS

Lanes 2-8 measurements are taken along a 20cm (7.87in) line from inside edge of each lane.

On the diagram, the staggers for 100m (109.36yd) and 300m (328.08yd) apply only when the straights are 84.39m (92.29yd) and must be adjusted for tracks of other proportions.

TAKE OVER ZONES

Measures 10m (10.94yd) before and after the take over scratch line in each lane.

LINE WIDTH

5cm (1.97in) wide.

COLOUR

White.

**FINISH
FOR ALL DISTANCES**

