

300 METRE TRACK

300m (328.08yds)

TRACK LENGTH: Based on parallels of 40.04m (43.79yds) and a radius of 35m (38.28yds), marking the two turns. The measurement is taken 30cm (11.81in) 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: 1.22m (1.33yds) wide and no more than 1.25m (1.37yds). When the inner edge is a chalk line: Lane 1 measures 1.12m (1.22yds). 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.

This diagram shows starts for 200, 300 and 400 metres and take over distance points for 4 x 100m relay.

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

LINE WIDTH: 5cm (1.97in) wide.

COLOUR: White

MANAGER'S GUIDE

Pedestrian: 1 hr.

Fastliner: 20 min.