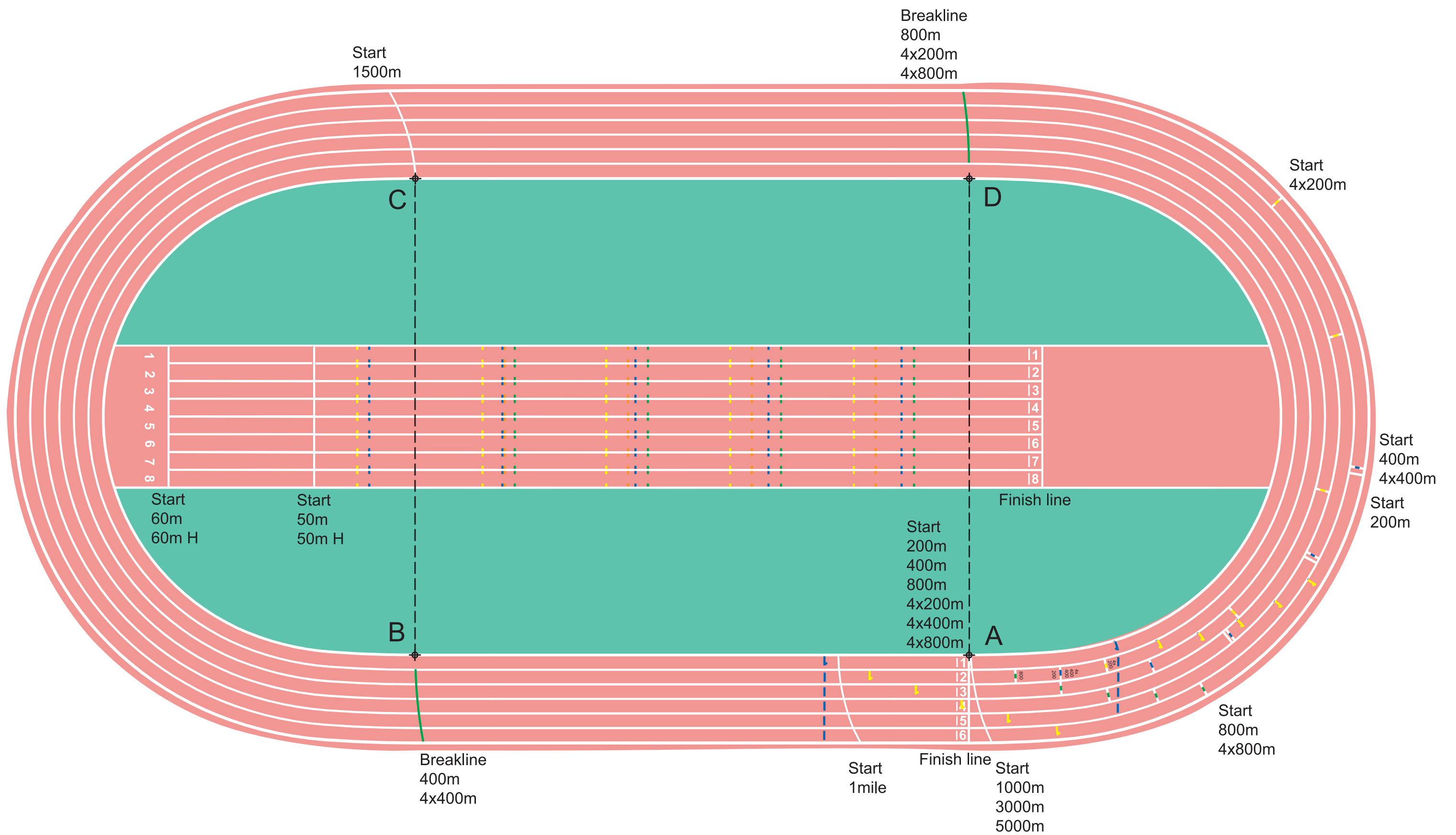


# IAAF 200 METRE STANDARD INDOOR TRACK, MARKING PLAN

SCALE - 1:250



200m STANDARD INDOOR TRACK	
<b>KEY</b>	
ST	Start
ZE	End of take-over zone (10m after ZM)
ZM	Middle of take-over zone
ZS	Start of take-over zone (10m before ZM)

CONSTRUCTION MEASUREMENTS*		m
Construction radius of curve (including the raised kerb on inside of track)		17.200
Radius of measurement line (line of running) in lane 1 (0.30m outside raised kerb)		17.496
Inclination angle of banking		10.000°
Distance between centres of constant banked bends		44.990
Length of each straight section		35.688
Length of each ascending / descending section on construction line (kerb line)		19.750
Length of each ascending / descending section along line of running		20.012
Length of each quarter of constant banked bend on construction line (kerb line)		11.939
Length of each quarter of constant banked bend along line of running		12.144
Length of track on construction line (kerb line)		198.132
Length of track along line of running		200.000
Width of lanes - oval (including 0.05m on outside)		0.900
Width of lanes - infield straight (including 0.05m on the right side)		1.220
With the exception of lane 1, all lanes are measured 0.20m out from the outer edge of the inner line.		
All race distances are measured in a clockwise direction from the edge of the finish line nearer to the start to the edge of the appropriate line farther from the finish.		
Marking of start, relay and hurdle positions: With measuring tape on straights and, ascending & descending parts of the track only; with theodolite on the constant inclination bends according to the centre angles of the nominal arc segments.		
Marking with measuring tape on bends only as a backup method: E.g. checking, correcting and supplementing. In each lane, always measure from the start (A,C) or end (B,D) of the arc.		
* See full details in 8.2 and 8.3		

Lane staggers in m, measurement line distance 0.20m from lane line (Width of lanes 0.90)							
Distance on Line of Running	Marking Plan Area	Bends Run in Lanes	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
200	A	2	4,983	10,589	16,198	21,809	27,423
400, 4x400	A	1	4,992	10,630	16,293	21,981	27,695
800	A	1	2,500	5,335	8,194	11,077	13,984
4x200	A	3	7,483	15,924	24,392	32,885	41,406

TRACK MARKINGS					
Width of all marks: 0.05m					
Colour	Symbol	Size m, Position	Stage	Event	Marking Plan Area
<b>OVAL TRACK</b>					
White	[Symbol]	Full track width	Finish	All events	A
		Full lane width	ST	200m	A
		Curve (full track width)	ST	1000m, 3000m, 5000m 1 mile 1500m	A A C
White with green inset	[Symbol]	Full lane width, 0.30 in the middle	ST	800m, 4x800m=ZM 4x200m 2nd athletes	A
White with blue* inset	[Symbol]	Full lane width, 0.30 in the middle	ST	400m, 4x400m	A
White with yellow inset	[Symbol]	Full lane width, 0.30 in the middle	ST	4x200m	A
Blue*	[Symbol]	0.60 in the middle	ZE	For Relay races or parts of races not run in lanes e.g. 4x400m 2nd, 3rd, 4th athletes	A A
		10m after finish line, parallel to finish line in lanes 2 to 5			
		10m before finish line in lanes 2 to 6	ZS		
Yellow**	[Symbol]	0.80 from inner line, hook in 45°, outside 0.15	ZE	4x200m 2nd athletes	
Yellow**	[Symbol]	0.80 from inner line, hook in 45°, outside 0.15	ZS	4x200m 2nd athletes	
Green	[Symbol]	Curve, lanes 2 to 6	Breakline	400m, 4x400m 800m, 4x200m, 4x800m	B D
<b>STRAIGHT TRACK</b>					
White	[Symbol]	Full track width	Finish	All events	
		1.17 (full lane width)	ST	50m 60m	
* For blue coloured tracks, red should be used ** Blue in lane 1					

HURDLE POSITIONS							
Colour	Symbol	Size m, Position	Event	Number of Hurdles	Distance from Start Line to First Hurdles m	Distance between Hurdles m	Distance from Last Hurdles to Finish Line m
Yellow	[Symbol]	0.05x0.10 both sides	60m H Women	5	13.00	8.50	13.00
Blue*	[Symbol]	0.05x0.10 both sides	60m H Men	5	13.72	9.14	9.72
Orange	[Symbol]	0.05x0.10 both sides	50m H Women	4	13.00	8.50	11.50
Green	[Symbol]	0.05x0.10 both sides	50m H Men	4	13.72	9.14	8.86
* For blue coloured tracks, red should be used							

Figure 8.3.6c - Marking plan for the IAAF 200m Standard Indoor Track