

4 x 100m Relay track markings

Run entirely in lanes

Staggers for a standard 400m track

Notes:

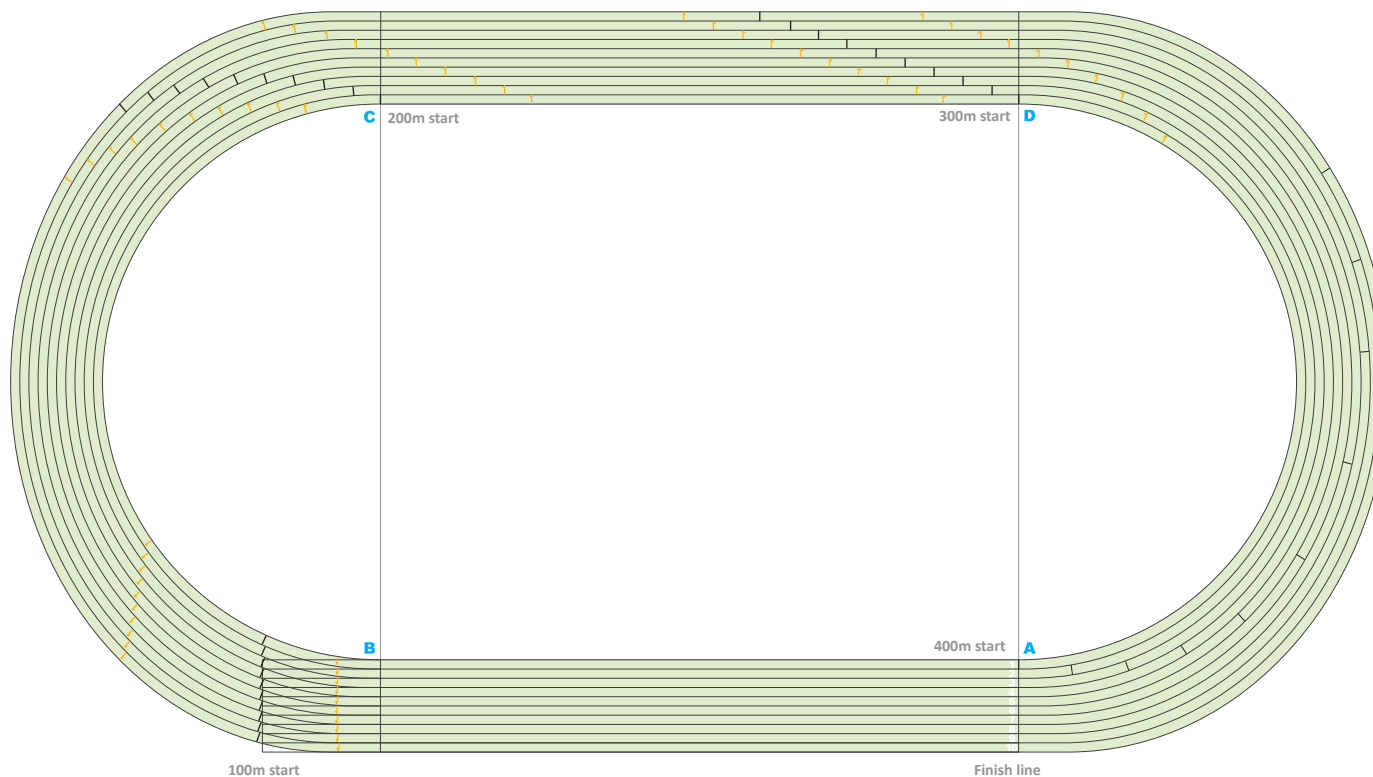
The changeover zone is 30m long, of which the scratch line is 20m from the start of the zone, marked with a yellow tick. The end of the changeover zone is also marked with a yellow tick.

2nd changeover

Lane 1	0m
Lane 2	3.52m
Lane 3	7.35m
Lane 4	11.19m
Lane 5	15.02m
Lane 6	18.85m
Lane 7	22.68m
Lane 8	26.52m
Lane 9	30.36m
Lane 10	34.20m

1st changeover

Lane 1	0m
Lane 2	3.52m
Lane 3	7.35m
Lane 4	11.19m
Lane 5	15.02m
Lane 6	18.85m
Lane 7	22.68m
Lane 8	26.52m
Lane 9	30.36m
Lane 10	34.20m



3rd changeover

Measure 15.61m back from an extension from line CB extending through point B. The changeover zone is marked 20m behind this line and 10m in front.

Start (black)

Lane 1	0m
Lane 2	7.04m
Lane 3	14.70m
Lane 4	22.37m
Lane 5	30.03m
Lane 6	37.70m
Lane 7	45.37m
Lane 8	53.03m
Lane 9	60.72m
Lane 10	68.39m