

4 x 200m Relay track markings

Run entirely in lanes

Staggers for a standard 400m track

Notes:

The takeover zone is 30m long, of which the scratch line is 20m from the start of the zone (marked with blue tick).

Measurements are for a standard 400m track with straights of 84.39m and bends with a 36.50m radius.

The stagger for the start of the 4x200m in lanes is double the 400m start line stagger. For a non-standard 400m track, double the 400m stagger distance for each lane ($A = C \times 2$). With such a large stagger of 136.78m in Lane 10, ensure that your speakers work that far around the bend and that you have appropriate check starters in place.

The stagger for the first change of the 4x200m in lanes is the sum of the stagger for the 400m start and the 200m start ($B = C + D$). With a large stagger of 102.59m in Lane 10, ensure you have sufficient umpires to oversee the changeover.

The second change occurs at the standard 400m start line.

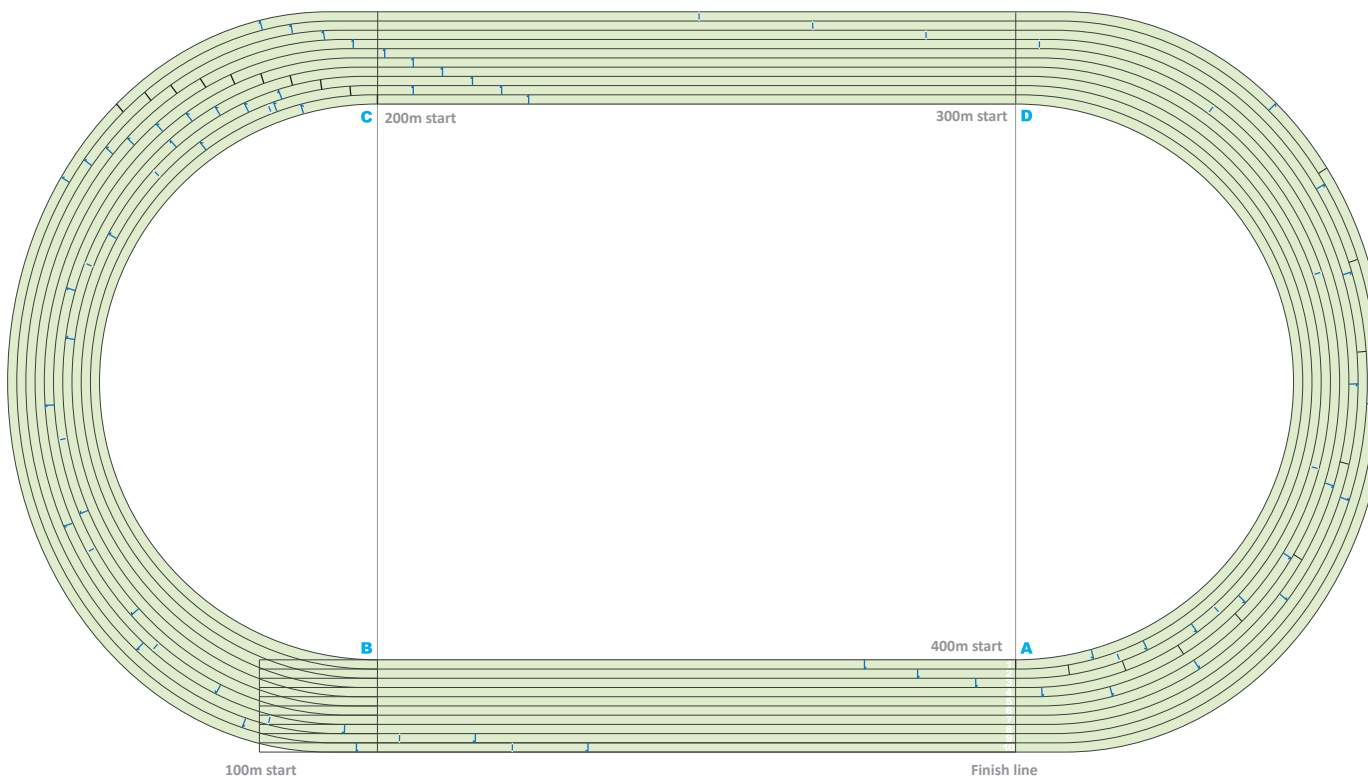
The third change occurs at the standard 200m start line.

First changeover (1) (blue/white)

Lane 1	0m
Lane 2	10.56m
Lane 3	22.05m
Lane 4	33.56m
Lane 5	45.05m
Lane 6	56.55m
Lane 7	68.05m
Lane 8	79.55m
Lane 9	91.08m
Lane 10	102.59m

Final changeover (3) (black)

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



Start (A) (blue/white)

Lane 1	0m
Lane 2	14.08m
Lane 3	29.40m
Lane 4	44.74m
Lane 5	60.06m
Lane 6	75.40m
Lane 7	90.74m
Lane 8	106.06m
Lane 9	121.44m
Lane 10	136.78m

Change 2 (C) (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