



Third take over points for 4 x 50m relay

Second take over points for 4 x 50m relay

100m scratch line

50m scratch line

x dimensions equals 24.98m from end of parallel axis or dimensions given from long axis

Finish for all distances

lane 6
lane 5
lane 4
lane 3
lane 2
lane 1

200m scratch line

25.01m (27.35yds)

23.57m (25.78yds) to track side of raised or flagged edge
23.67m (25.87yds) if chalk line only is used

Staggered starting positions for 4 x 50m relay
37.698m | 30.03m | 22.367m | 14.702m | 7.066m

First take over points for 4 x 50m relay
24.99m | 21.472m | 17.639m | 13.806m | 9.973m | 6.141m

18.849m | 15.016m | 11.183m | 7.351m | 3.518m

200 METRE TRACK