



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 or raised or flagged edge
23.67m (25.87yds) if
chalk line only is used

Staggered starting positions for 4 x 50m relay
37.69m | 30.03m | 22.367m | 14.722m | 7.06m

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

200 METRE TRACK