

The following is a chart to aid in the calculation of areas for a 400m running track (Fig. 2-8).

SQUARE YARDAGE (METERS) OF 400m TRACKS FIGURE 2-8

Width		Track Oval		Transition Area		Transition Distance	
Feet	Meters	Sq yds	Sq m	Sq yds	Sq m	Ft	Meters
18	5.49	2725	2278	42	35.11	64	19.51
19	5.79	2883	2410	45	37.62	66	20.12
20	6.10	3042	2543	49	40.96	68	20.73
21	6.40	3201	2676	52	43.47	70	21.34
22	6.71	3362	2811	56	46.82	71	21.64
23	7.01	3522	2944	60	50.16	73	22.25
24	7.32	3684	3080	64	53.50	75	22.86
25	7.62	3846	3215	68	56.85	77	23.47
26	7.92	4009	3352	72	60.1	78	23.77
27	8.23	4173	3489	76	63.54	80	24.38
28	8.53	4337	3626	81	67.72	82	24.99
29	8.84	4502	3764	85	71.06	83	25.30
30	9.14	4668	3902	89	74.40	85	25.91
31	9.45	4834	4041	94	78.58	86	26.21
32	9.75	5001	4181	99	82.76	88	26.82
33	10.06	5169	4321	103	86.11	89	27.13
34	10.36	5337	4462	108	90.29	91	27.74
35	10.67	5507	4604	113	94.47	92	28.04
36	10.97	5677	4746	118	98.65	94	28.65

(Add chutes, steeplechase and field events separately)

The oval area of a track is considered to include both straightaways and both curves. The transition area covers that portion of the straightaway extension shown in the drawing.

The transition distance is the length of the transition area (Fig. 2-9). The chute area is a rectangle and can be easily calculated.

Please note that transition area and distance are based on a radius of 105.5 to the inside edge of the synthetic surfacing and will vary slightly with other radii.