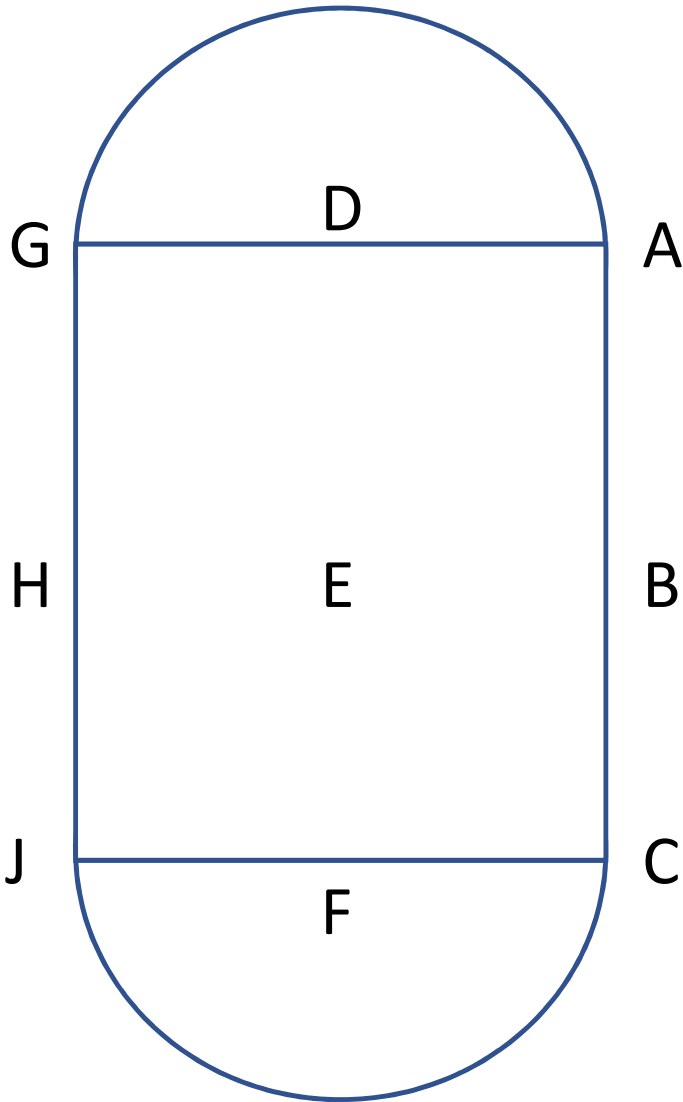
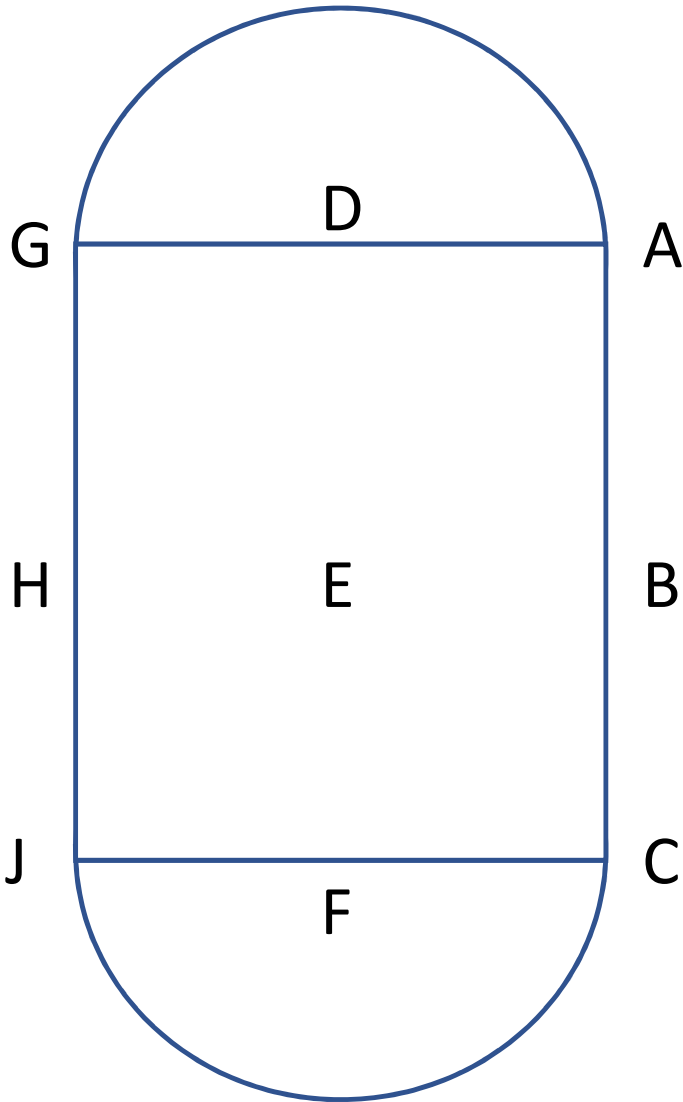


Track Marking Instructions

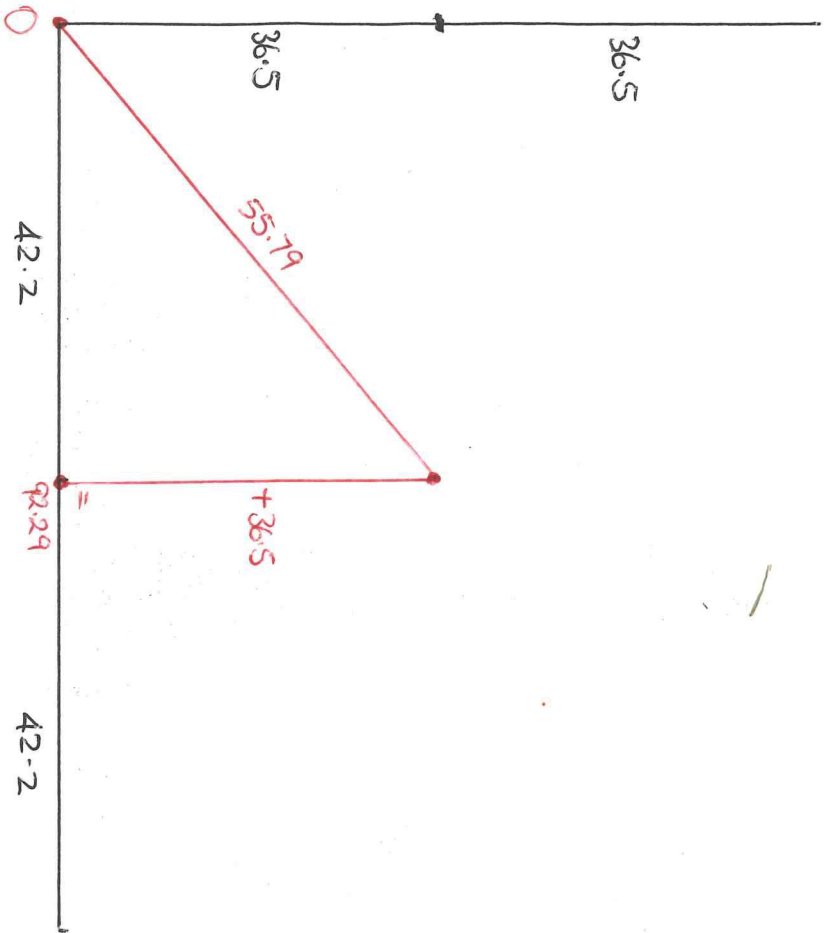


- A (finish) has a large green peg.
- Assume that J (200m start) is also marked.
- Use intersecting arcs from A and J to find C.
- Mark F, halfway along CJ.
- Mark curves centred at F.
- Use intersecting arcs from A and J to find G.
- Mark D, halfway along AG.
- Mark curves centred at D.
- Join up the ends of the curves (use string!) to mark straights.
- Extend home straight backwards to 100m.
- Mark 200m and 400m staggers.
- Mark curved starts for 800m (at A), 3000m (at J), 1500m (on the bend, 15.6m before G), Mile (9.34m before finish).



- A (finish) has a large green peg.
- Assume that J (200m start) is **not** marked.
- Peg B and C, with ABC parallel to football touchline if possible (B is halfway)
- Use Pythagoras from A and B to peg D and E
- Use Pythagoras from B and C to peg F and check E
- Use Pythagoras from D and E to peg G
- Use Pythagoras from E and F to peg J
- Check that F is halfway along CJ and D is halfway along AG.
- Mark curves centred at F.
- Mark curves centred at D.
- Join up the ends of the curves (use string!) to mark straights.
- Extend home straight backwards to 100m.
- Mark 200m and 400m staggers.
- Mark curved starts for 800m (at A), 3000m (at J), 1500m (on the bend, 15.6m before G), Mile (9.34m before finish).

TRACK TRIANGULATION



straights 84.4m

straights 84.4m
(extend home straight back to 100m)
lane width 1.22m

400m stagger 7.67m
200m stagger 3.84m

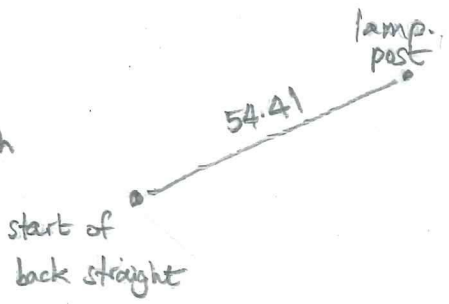
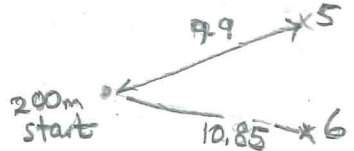
mile offset	934m
1500m	15.61m

before start of back straight

$r_0 = 36.50m$ - inside curve
 $r_1 = 37.72$
 $r_2 = 38.94$
 $r_3 = 40.16$
 $r_4 = 41.38$ - outside of lane 4

HEDGE

- x1
- x2 (gap)
- x3
- x4



42.95

- 8 x
- 7 x
- 6 x
- 5 x
- 4 x
- 3 x
- 2 x
- 1 x

Corner Points (relative to trees / rugby posts / lamp-post.)
All distances in metres