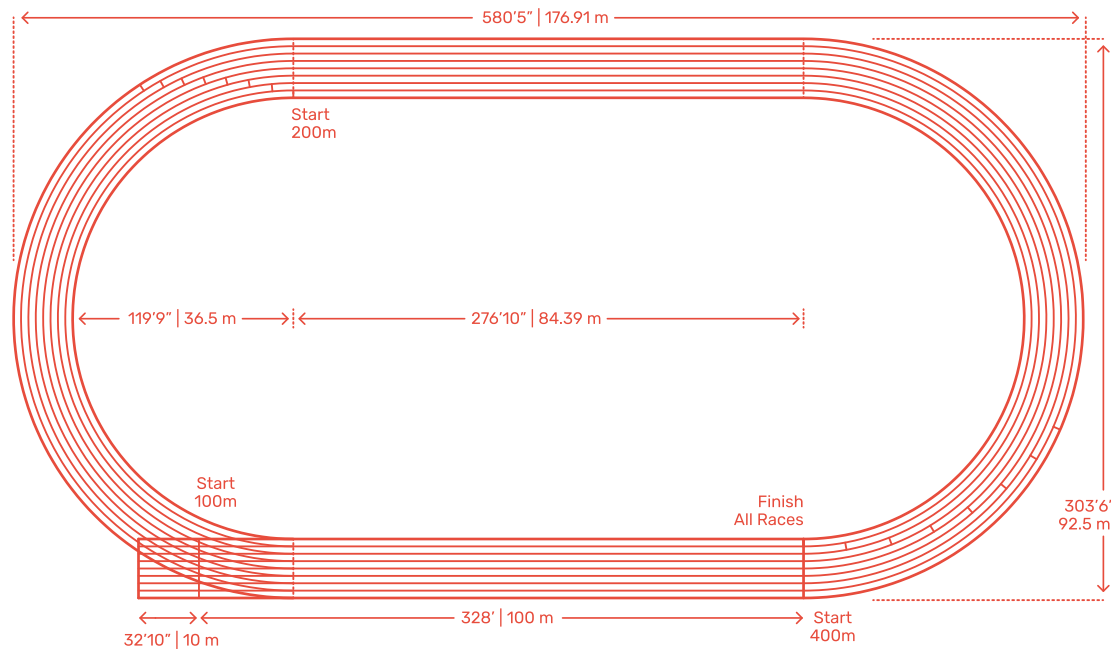


400m Running Track



400m Running Tracks are specialized all-weather rubberized running surfaces used for an assortment of Track and Field competitions. With lanes designed to be 400m in length from start to finish, 400m Running Tracks are the most commonly used track size that can easily accommodate for competitive sprint lengths of 100m, 200m, and 400m. 400m Running Tracks have an inner radius of 119'9" | 36.5 m, an overall length of 580'5" | 176.91 m, width of 303'6" | 92.5 m, and area of 157,092 ft² | 14,594 m². All running tracks have lane widths of 4' | 1.22 m.

Scratch Lines
400m



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Details

Length (Overall): 580'5" | 176.91 m
Width (Overall): 303'6" | 92.5 m
Area (Overall): 157,092 ft² | 14,594 m²
Radius (Inner): 119'9" | 36.5 m
Length (Center): 276' 10" | 84.39 m
Lane Width: 4' | 1.22 m
Races: 100m, 200m, 400m

Drawings include:
Track & Field 400m Running Track plan

Links

[Wikipedia - All-Weather Running Track](#)
[Wikipedia - 400 Metres](#)

Related Collections

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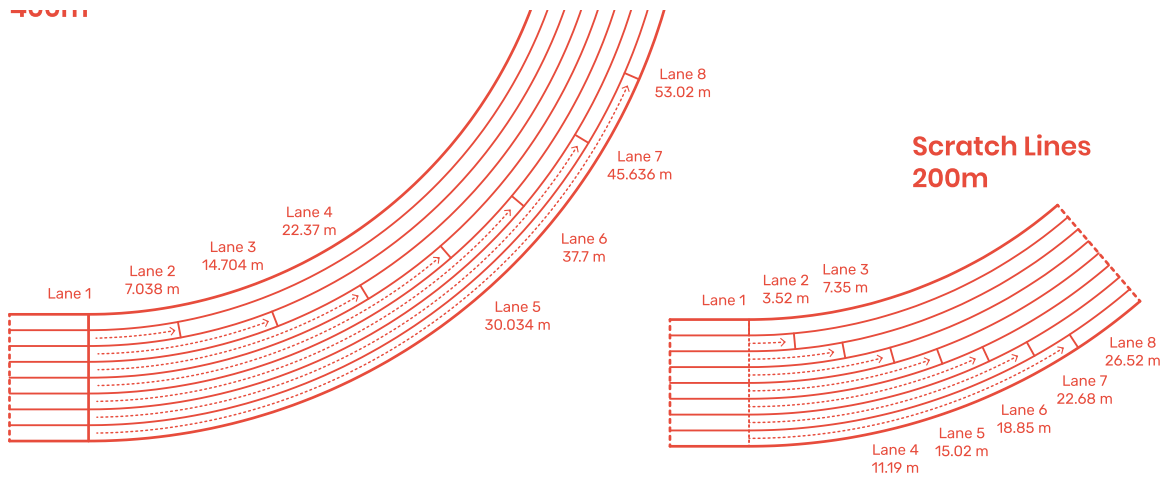
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400m Running Track Common Questions

How big is a 400m Running Track?

400m Running Tracks have an overall length 580'5" | 176.91 m, an overall width of 303'6" | 92.5 m, and a total area of roughly 157,092 ft² | 14,594 m².

What is the inner radius of a 400m Running Track?

The radius of the inside lane of a 400m Running Track is set at 119'9" | 36.5 m.

What is the fastest 400m time?

The fastest 400m sprint is a time of 43.03 seconds held by the Wayde van Niekerk of South Africa.

× Track & Field Questions

Which track and field events are performed on the running track?

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Text by Bryan Maddock
Updated on April 8, 2020

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Running tracks are used for sprints (100m, 200m, 400m), middle distance runs (800m, 1500m), long distance runs (3km Steeplechase, 5km, 10km), hurdles (110/100m, 400m), and relays (4x100m, 4x400m).

Which track and field events are performed in the field?

Field based events in track and field include both jumping and throwing events. Jumping events include the Long Jump, Triple Jump, High Jump, and Pole Vault. Throwing events include the Shot Put, Discus Throw, Javelin Throw, and Hammer Throw.

When were the first Olympic Games held?

The first Olympic Games occurred in 776 BC in Olympia, Greece and only included the stadion race which was a 590' | 180 m footrace.

Track & Field

Sports

Track and Field is a collection of sporting contests based on the athletic skills of running, jumping, and throwing. Occurring within the central space of a running track or on the track itself, Track and Field events consist of three main categories: track events, field events, and combined events.

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