Dimensions for track and field events appearing in the following diagrams are based on requirements set forth by the various governing bodies. There are variations included in the following diagrams that are requirements and recommendations for facilities governed by the National Federation of State High School Associations (NFHS), the National Collegiate Athletic Association (NCAA), USA Track & Field (USATF) or the International Amateur Athletic Federation (IAAF). Please consult the appropriate governing body or the American Sports Builders Association for specific information. Rules allow variation in geometry and layout. The diagrams appearing in this section merely serve as examples.

**IAAF STANDARD 400 METER TRACK**

**400 METER EVENTS**

*Note: This diagram indicates just one example of a 400 meter event layout. This specific example includes a measure line distance that is not recommended for tracks surrounding soccer, field hockey or lacrosse fields.*
Facility Specification Guide

TRACK & FIELD

TRACK/PLAYING FIELD CONFIGURATION

SUGGESTED DISCUS/HAMMER CAGE

JAVELIN RUNWAY

SHOT PUT PAD

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POLE VAULT LANDING AREA

**LONG JUMP/TRIPLE JUMP PIT PLAN**

**HIGH JUMP DETAIL**

**FOR MORE INFORMATION CONTACT:**

American Sports Builders Association  
(410) 730-9595  www.sportsbuilders.org

USA Track & Field  
(317) 261-0500  www.usatf.org

National Federation of State High School Associations  
(317) 972-6900  www.nfhs.org