Dimensions for track and field events appearing in the following diagrams are based on requirements set forth by the National Federation of State High School Associations (NFHS). There are variations included in the following diagrams that are requirements and recommendations for facilities governed by 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**

**SHOT PUT PAD**

- 1/4" Stone chips 12" deep

- 2" Wide painted stripe flat on a 3/4" recessed circle

- 1/4" Camouflages for drainage of recessed circle only

- 6" Reinforced concrete slab with light brown finish

**SUGGESTED DISCUS/HAMMER CAGE**

**JAVELIN RUNWAY**

- 30.0m - 36.5m

- 8.0m

- 1.0m surface extension beyond stop board

- Stop board
POLE VAULT LANDING AREA

**Note:** These diagrams depict an example of a high school pole vault landing area.

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**LONG JUMP/TRIPLE JUMP PIT PLAN**

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**HIGH JUMP DETAIL**

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**FOR MORE INFORMATION CONTACT:**

America 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

(Pole vault landing area diagrams courtesy of the NFHS; all other diagrams courtesy of the ASBA.)