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**

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

**JAVELIN RUNWAY**

- **Length**: 33.5m–36.5m
- **Width**: 4.0m

**SHOT PUT PAD**

- Suitable landing zone material
- Shot put toe board fixed, with its molded edge coinciding with the outside edge of the shot put circle.
- 2.0 wide painted strips or flat ring or a 3/4" recessed circle.
- 6" x 10" concrete slab with light brown finish
- 1/4" slits for drainage of recessed circle only

Note: Shot put toe boards vary. Coordinate with manufacturer/designer for proper placement and installation.

**SUGGESTED DISCUS/HAMMER CAGE**

- Double bend (IAAF distances 54.80m and 34.00m)
- Equal quadrant (provides limited infield use)

**JAVELIN RUNWAY**

- 1.0m surface extension beyond stop board

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POLE VAULT LANDING AREA

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

**Note:** The standards or uprights shall be set to position the crossbar from a point 18 inches (45.7 cm) beyond the vertical plane of the top of the runway, up to a maximum distance of 31.5 inches (80 cm) in the direction of the landing surface.

**LONG JUMP/TRIPLE JUMP PIT PLAN**

**FOR MORE INFORMATION CONTACT:**

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

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

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

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