

MARKING FOR 1000m MEDLEY RELAY

MEDLEY RELAY 100m - 200m - 300m - 400m

Start - at "C" area

clockwise counterclockwise

	radian	degree	gon	radius	dist(m)	from	dist(m)	from
Lane 1	3,1416	180,0000	200,000	36,800	115,611	B-C	0,000	C-B
Lane 2	2,9558	169,3557	188,173	37,920	112,084	B-C	7,045	C-B
Lane 3	2,7651	158,4297	176,033	39,140	108,227	B-C	14,735	C-B
Lane 4	2,5855	148,1391	164,599	40,360	104,351	B-C	22,443	C-B
Lane 5	2,4161	138,4299	153,811	41,580	100,460	B-C	30,168	C-B
Lane 6	2,2558	129,2499	143,611	42,800	96,550	B-C	37,910	C-B
Lane 7	2,1041	120,5559	133,951	44,020	92,622	B-C	45,671	C-B
Lane 8	1,9602	112,3101	124,789	45,240	88,679	B-C	53,447	C-B

1st exchange: at "B" area, 100m to 200m (30m exchange zone)

Zone Start	radian	degree	gon	radius	dist(m)	from	dist(m)	from
Lane 1	0,9677	55,4436	61,604	36,80	35,610	B-C	80,000	C-B
Lane 2	0,8461	48,4785	53,865	37,92	32,084	B-C	87,045	C-B
Lane 3	0,7212	41,3199	45,911	39,14	28,227	B-C	94,735	C-B
Lane 4	0,6034	34,5699	38,411	40,36	24,352	B-C	102,443	C-B
Lane 5	0,4921	28,1925	31,325	41,58	20,460	B-C	110,168	C-B
Lane 6	0,3867	22,1553	24,617	42,80	16,550	B-C	117,910	C-B
Lane 7	0,2867	16,4286	18,254	44,02	12,622	B-C	125,671	C-B
Lane 8	0,1918	10,9917	12,213	45,24	8,679	B-C	133,447	C-B

Start of next leg (scratch)	radian	degree	gon	radius	dist(m)	from	dist(m)	from	total
Lane 1	0,4242	24,3045	27,005	36,80	15,610	B-C	100,000	C-B	100
Lane 2	0,3187	18,2592	20,288	37,92	12,084	B-C	107,045	C-B	100
Lane 3	0,2102	12,0429	13,381	39,14	8,227	B-C	114,735	C-B	100
Lane 4	0,1078	6,1776	6,864	40,36	4,352	B-C	122,443	C-B	100
Lane 5	0,0111	0,6336	0,704	41,58	0,460	B-C	130,168	C-B	100
Lane 6					80,939	A-B	3,450	B-A	100
Lane 7					77,012	A-B	7,377	B-A	100
Lane 8					73,068	A-B	11,321	B-A	100

Zone End	radian	degree	gon	radius	dist(m)	from	dist(m)	from
Lane 1	0,1525	8,7354	9,706	36,80	5,611	B-C	110,000	C-B
Lane 2	0,0550	3,1500	3,500	37,92	2,085	B-C	117,044	C-B
Lane 3					82,616	A-B	32,995	B-A
Lane 4					78,741	A-B	36,870	B-A
Lane 5					74,849	A-B	40,762	B-A
Lane 6					70,939	A-B	13,450	B-A
Lane 7					67,012	A-B	17,377	B-A
Lane 8					63,068	A-B	21,321	B-A

2nd exchange: at "D" area, 200m to 300m (30m exchange zone)

Zone Start		radian	degree	gon	radius	dist(m)	from	dist(m)	from
Lane 1	0,9677	55,4436	61,604	36,80	35,610	D-A	80,000	A-D	
Lane 2	0,9389	53,7952	59,772	37,92	35,603	D-A	83,526	A-D	
Lane 3	0,9090	52,0814	57,868	39,14	35,578	D-A	87,384	A-D	
Lane 4	0,8805	50,4473	56,053	40,36	35,536	D-A	91,259	A-D	
Lane 5	0,8532	48,8859	54,318	41,58	35,477	D-A	95,151	A-D	
Lane 6	0,8271	47,3889	52,654	42,80	35,400	D-A	99,061	A-D	
Lane 7	0,8020	45,9523	51,058	44,02	35,305	D-A	102,988	A-D	
Lane 8	0,7779	44,5725	49,525	45,24	35,194	D-A	106,932	A-D	

Start of next leg (scratch)		radian	degree	gon	radius	dist(m)	from	dist(m)	from	total
Lane 1	0,4242	24,3045	27,005	36,80	15,610	D-A	100,000	A-D	300	
Lane 2	0,4115	23,5755	26,195	37,92	15,603	D-A	103,526	A-D	300	
Lane 3	0,3980	22,8042	25,338	39,14	15,578	D-A	107,384	A-D	300	
Lane 4	0,3849	22,0545	24,505	40,36	15,536	D-A	111,259	A-D	300	
Lane 5	0,3722	21,3264	23,696	41,58	15,477	D-A	115,151	A-D	300	
Lane 6	0,3598	20,6154	22,906	42,80	15,400	D-A	119,060	A-D	300	
Lane 7	0,3477	19,9206	22,134	44,02	15,305	D-A	122,988	A-D	300	
Lane 8	0,3359	19,2429	21,381	45,24	15,194	D-A	126,932	A-D	300	

Zone End		radian	degree	gon	radius	dist(m)	from	dist(m)	from
Lane 1	0,1525	8,7354	9,706	36,80	5,611	D-A	110,000	A-D	
Lane 2	0,1477	8,4600	9,400	37,92	5,599	D-A	113,530	A-D	
Lane 3	0,1425	8,1657	9,073	39,14	5,578	D-A	117,384	A-D	
Lane 4	0,1372	7,8588	8,732	40,36	5,536	D-A	121,259	A-D	
Lane 5	0,1317	7,5465	8,385	41,58	5,477	D-A	125,151	A-D	
Lane 6	0,1262	7,2288	8,032	42,80	5,400	D-A	129,060	A-D	
Lane 7	0,1205	6,9048	7,672	44,02	5,305	D-A	132,988	A-D	
Lane 8	0,1148	6,5772	7,308	45,24	5,193	D-A	136,932	A-D	

The athletes leave their allocated lanes right after the 2nd exchange at the breakline ("D").

The 3rd exchange (at "A") is not in lanes and the zone is the same as the regular 4 x 400m exchange zone (20m).

