Equal Quadrant vs. Non-Equal Quadrant

Not all 400m tracks are the same. Depending on the site available, the events to be included, the governing body of the highest level of competition to be held on the track, and the sports fields to be accommodated, the designer has the option of selecting any of several different track configurations.

The equal quadrant track consists of two straightaways of 100m each and two curves of 100m each. In the past, many tracks were built with this design. Today, however, few tracks are built in this configuration for several reasons:

1. A wider radius, such as is found on the International Standard and Double Bend tracks, favors runners and enhances performance;
2. A wider radius lessens injury;
3. A wider radius allows greater flexibility in placing fields, especially soccer pitches, within the track oval.

The non-equal quadrant track features two equal curves and two equal straightaways that may be either shorter or longer than the curves.

The double bend track (sometimes called the broken back track) has a compound radius curve (usually two small curves and a large curve formed by three different radii and, together, forming one complex curve) at each end, along with two straightaways.

There is no one best design. An experienced track designer will assist an owner in choosing the optimum design for a specific site and usage.

_Differences in site, weather and soil conditions require variations in construction and repair methods and materials. Readers are advised to consult an ASBA Certified Track Builder, a design professional with experience in designing sports facilities or a qualified contractor before undertaking construction or repair of a running track facility._

_Rev. 02/18_