

Metric Speed Track Dimensions

Track in Meters per Lap					Width	Length
	.1707 A	.1613 B	.069 C	.0604 D	.1898 E	.3909 F
400	68.16m 223'-8"	64.52m 211'-8"	27.60m 90'-7"	24.16m 79'-3"	75.92m 249'-1"	156.36m 513'-0"
250	42.60m 139'-9"	40.32m 132'-3"	17.25m 56'-7"	15.10m 49'-7"	47.45m 155'-8"	97.72m 320'-7"
200	34.08m 111'-10"	32.26m 105'-10"	13.80m 45'-3"	12.08m 39'-8"	37.96m 124'-7"	78.18m 256'-6"
150	25.56m 83'-10"	24.19m 79'-4"	10.35m 33'-11"	9.06m 29'-9"	28.47m 93'-5"	58.63m 192'-4"
125	21.30m 69'-11"	20.16m 66'-2"	8.62m 28'-3"	7.55m 24'-9"	23.72m 77'-10"	48.86m 160'-4"
100	17.07m 56'-0"	16.15m 53'-0"	6.90m 22'-8"	6.04m 19'-10"	18.98m 62'-3"	39.09m 128'-3"
90	15.33m 50'-4"	14.51m 47'-7"	6.21m 20'-4"	5.43m 17'-10"	17.08m 56'-0"	35.18m 115'-5"
80	13.63m 44'-9"	12.90m 42'-4"	5.52m 18'-1"	4.83m 15'-10"	15.18m 49'-10"	31.27m 102'-7"
75	12.78m 41'-11"	12.09m 39'-8"	5.17m 16'-11"	4.53m 14'-10"	14.23m 46'-8"	29.32m 96'-2"
66.6	11.36m 37'-3"	10.75m 35'-3"	4.60m 15'-1"	4.03m 13'-3"	12.65m 41'-6"	26.06m 85'-6"
60	10.22m 33'-6"	9.68m 31'-9"	4.14m 13'-7"	3.62m 11'-10"	11.39m 37'-5"	23.45m 76'-11"
50	8.52m 27'-11"	8.06m 26'-5"	3.45m 11'-4"	3.02m 9'-11"	9.49m 31'-2"	19.54m 64'-1"

How to Change Your Track to Metric Distances

Laps per Mile	4	6	8	10	12	16	18	20	22	24	26	32
Lap Equivalent in Meters	402	268	201	160	134	100.5	89	80.4	73	67	61	50.3
Convert to Metric	400	250	200	150	125	100	90	80	75	66.6	60	50