



**Dundonald Hall Fitness, Sports  
and Aquatic Facility**

Garrison Petawawa  
Building P-118  
57 Festubert Blvd.  
Petawawa ON  
K8H 2X3

Front Desk 613-687-5511 ext. 7114

## **GRN Petawawa Dundonald Hall Outdoor Running Track Lane Lengths and Distance Laps**

Below is the length of each lane of the track, and the number of laps required to finish the long distance runs.

Six lanes were incorporated on the running track by slightly reducing the width of each lane. The length of the oval of each lane is as follows:

- Lane 1 – 338.77 metres
- Lane 2 – 345.47 metres
- Lane 3 – 352.17 metres
- Lane 4 – 358.88 metres
- Lane 5 – 365.57 metres
- Lane 6 – 371.90 metres

There are multiple long run markings on the track. These are measured from staggered start lines, all with a common finish line. Starting at the finish line and moving counter clockwise around the track, the start lines can be found in the following order: 1km; 1mi, 5km and 5mi (same start line); 1.5km; and 1.5mi. The number of laps around for each distance are as follows, in order of distance:

- 1.0 kilometre – 2.95 laps
- 1.5 kilometres – 4.40 laps
- 1.0 mile – 4.75 laps
- 1.5 miles – 7.12 laps
- 5.0 kilometres – 14.75 laps
- 5.0 miles – 23.75 laps

All of these distances end on the same finish line, near the ball diamond dugout.