

Lap Count and Location of Starting Line for a 220 yard track

Distance (m)	Distance (yds)	Number Laps	Starting Line Location	Comments
1.00000	1.09361	0.00497		
0.91440	1.00000	0.00455		
200.000	218.723	0.994	1.168 meters less than 1 lap	
400.000	437.445	1.988	2.336 meters less than 2 laps	
402.336	440.000	2.000	2 laps exactly	¼ mile
500.000	546.807	2.485	2.92 meters less than 2½ laps	
600.000	656.168	2.983	3.504 meters less than 3 laps	
800.000	874.891	3.977	4.672 meters less than 4 laps	
804.672	880.000	4.000	4 laps exactly	½ mile
1000.000	1093.613	4.971	5.84 meters less than 5 laps	
1500.000	1640.420	7.456	8.76 meters less than 7½ laps	
1609.344	1760.000	8.000	8 laps exactly	1 mile
3000.000	3280.840	14.913	17.52 meters less than 15 laps	
3218.688	3520.000	16.000	16 laps exactly	2 miles
5000.000	5468.067	24.855	29.2 meters less than 25 laps	
6000.000	6561.680	29.826	35.04 meters less than 30 laps	
10000.000	10936.133	49.710	58.4 meters less than 50 laps	