TRU MARK Athletic Field Marker

Sports Field Dimension Calculator

Lacrosse Field (Men & Women) Layout and Distances (Feet & Inches)

Overall Length & Width	Goal Line Width	Distance from Endline to Goal Line	Distance from Goal Line to Front Line of Goal Area	Woman's Distance Goal Line to Restraining Line	Men's Goal Area Width	Men's Wing Area Length	Men's Wing Area from Center	Substitiution Area Width
225	6	25.5	57	90	120	30	60	30
180								
Ft	Ft In	Ft In	Ft In	Ft In	Ft In	Ft In	Ft In	Ft

Touch Line and End Line Corner		
90	144	0

Goal Area End Line Corner		
60	127	6

Women's Restraining Line			
146	0	90	0

Substitiution Area Line			
132	8	91	2

Goal Area Front Corner			
102	0	67	0

Wing Area Line End			
114	5	61	10

Updated for MCGB 4/15/10

Goal Line Corner			
25	8	87	0

Center Point on End Line
0

Mark points below on initial centerline layout

EL 0', GL, 25' 6", RL 57', MFL 112' 6", RL 142' 6", GL 199' 5", EL 225'

Center Line Point
112.5

Plug value (in feet) into cell below each dimension. Stake out full length of field using center line of pitch/field intersecting the goals to the End Line. U two measuring tapes, one pulled from Center Line Point at the middle of the field and the other at the Center Point on the End Line. Intersections have two measurements listed in feet and inches or just feet. Field Dimension Calcuator reflects the stake intersections for 1/4 of the lacrosse fiel **Woman's Lacrosse change in 2007**. "The Substitution Area has changed from 2 areas on either side of the scorer's table to one area in front of the table. ... two hash marks, 2m-4m in length. The hash marks will be placed perpendicular to and touching the sideline with each one placed 4.5m (5 yards) from the centerline of the field." Total width is now 30 feet.

Straight Lines in Less Time

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