

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

Lei Wi 3	erall ngth & idth 30 80	Goal Line Width 18		Distance from Endline to Goal Line 45		Distance from Goal Line to Front Line of Goal Area 60		Woman's Distance Goal Line to Restraining Line x		Men's Goal Area Width 120		Men's Wing Area Length		Men's Wing Area from Center 60		Substitution Area Width 60
]	Ft	Ft	In	Ft	In	Ft	In	Ft	In	Ft	In	Ft	In	Ft	In	Ft
G	Touch Line and End Line Corner 90						#VALUE!	## 10	Wing Area Line			94 Line En	4 10			
Ce	enter P End I 0				oal Li	ine Corner 120	4							Ce		Line Point

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. Use 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.

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