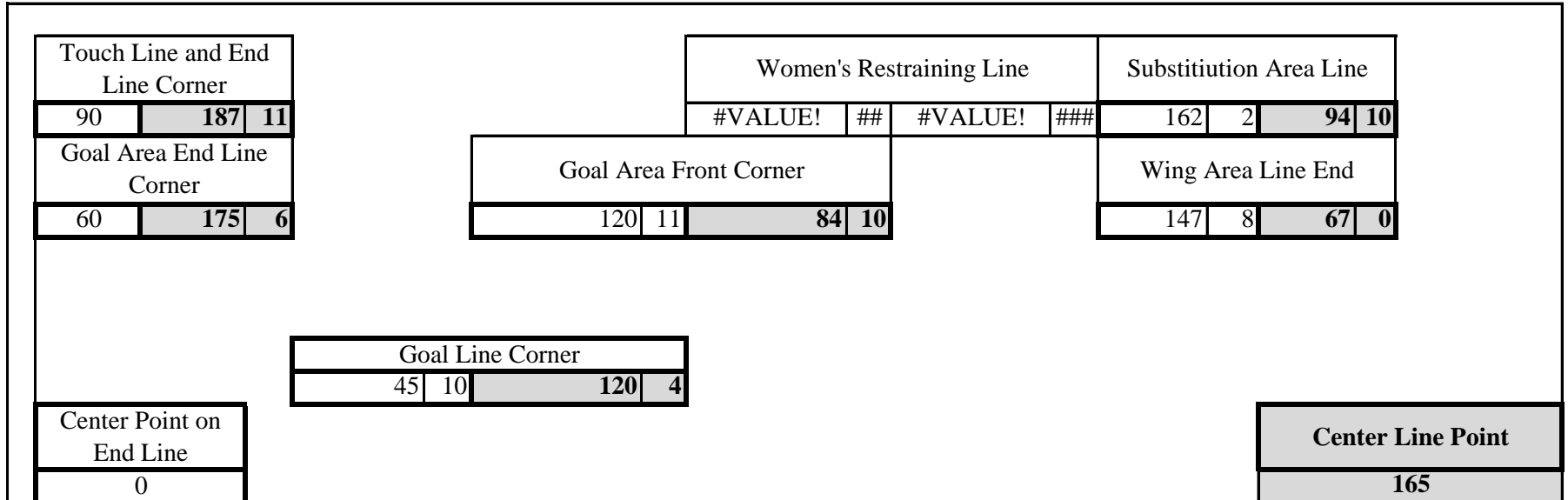




Sports Field Dimension Calculator
Lacrosse Field (Men & Women) Layout and Distances (Feet & Inches)

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 from Goal Line to Restraining Line	Men's Goal Area Width	Men's Wing Area Length	Men's Wing Area from Center	Substitution Area Width
330 180	18	45	60	x	120	60	60	60
Ft	Ft	In	Ft	In	Ft	In	Ft	In



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.