

UNDER 6 BOYS AND GIRLS – PROGRAMS 1,2 and 3

Your age group is responsible for setting up the SPRINTS TRACK

EQUIPMENT :- **SPRINTS TRACK RED BOX**
2 x FINISHING POSTS (yellow)
1 x RECORDING TABLE
2 x CHAIRS

FINDING EQUIPMENT

The Red Box can be found on the circular wall outside the canteen area.

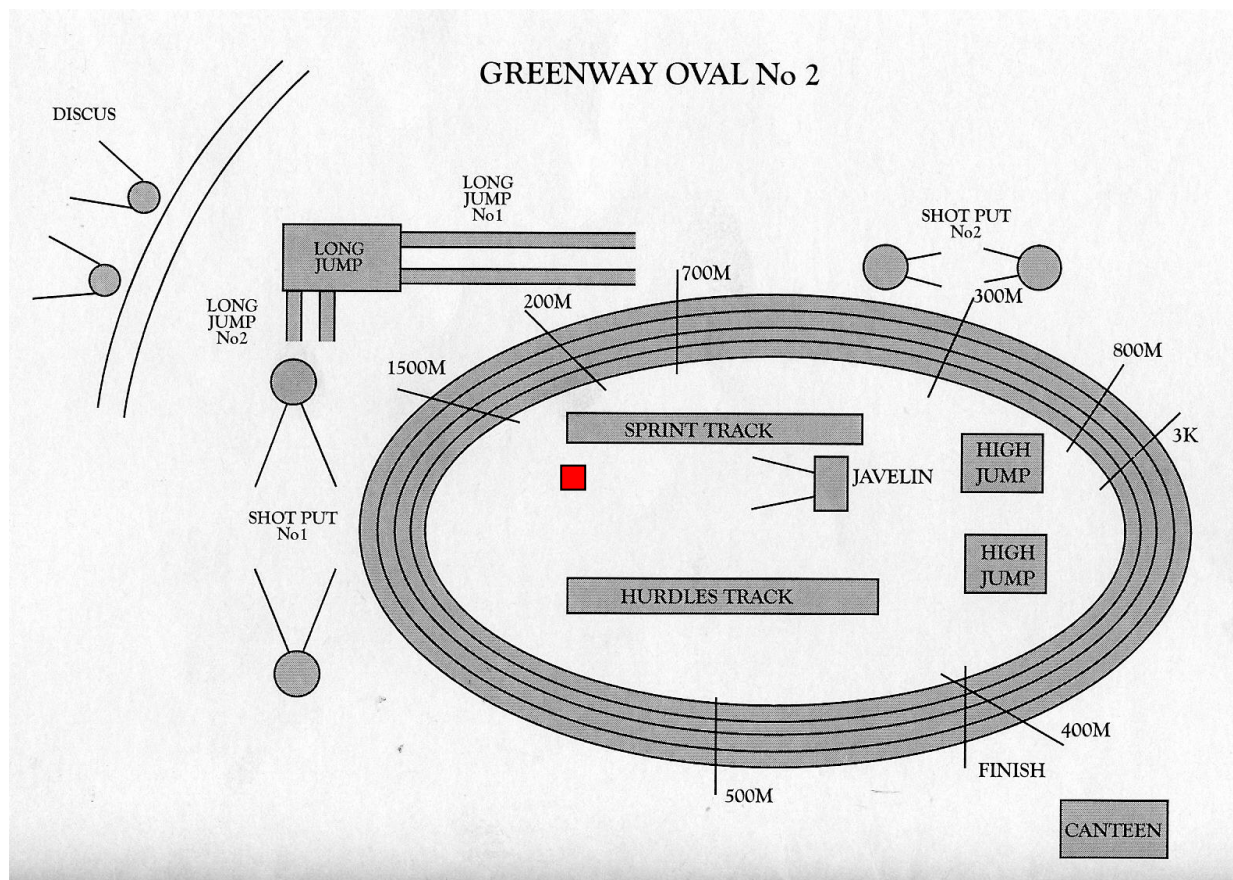
The Finishing posts can be found in the store room under the stairs outside the canteen area.

The recording Table and chairs can be found in the club room to the left of the canteen.

EQUIPMENT SET UP

The red box, recording Table and chairs are set up at the finishing end of the sprints track to the left hand side.

The finishing posts are erected either side of the finishing end of the sprints track.



UNDER 7 BOYS

PROGRAMS 1,2 and 3

Your age group is responsible for setting up the **INNER TRACK**

EQUIPMENT :- **INNER TRACK RED BOX**
1 x RECORDING TABLE
3 x CHAIRS
2 x FINISHING POSTS (yellow)

FINDING EQUIPMENT

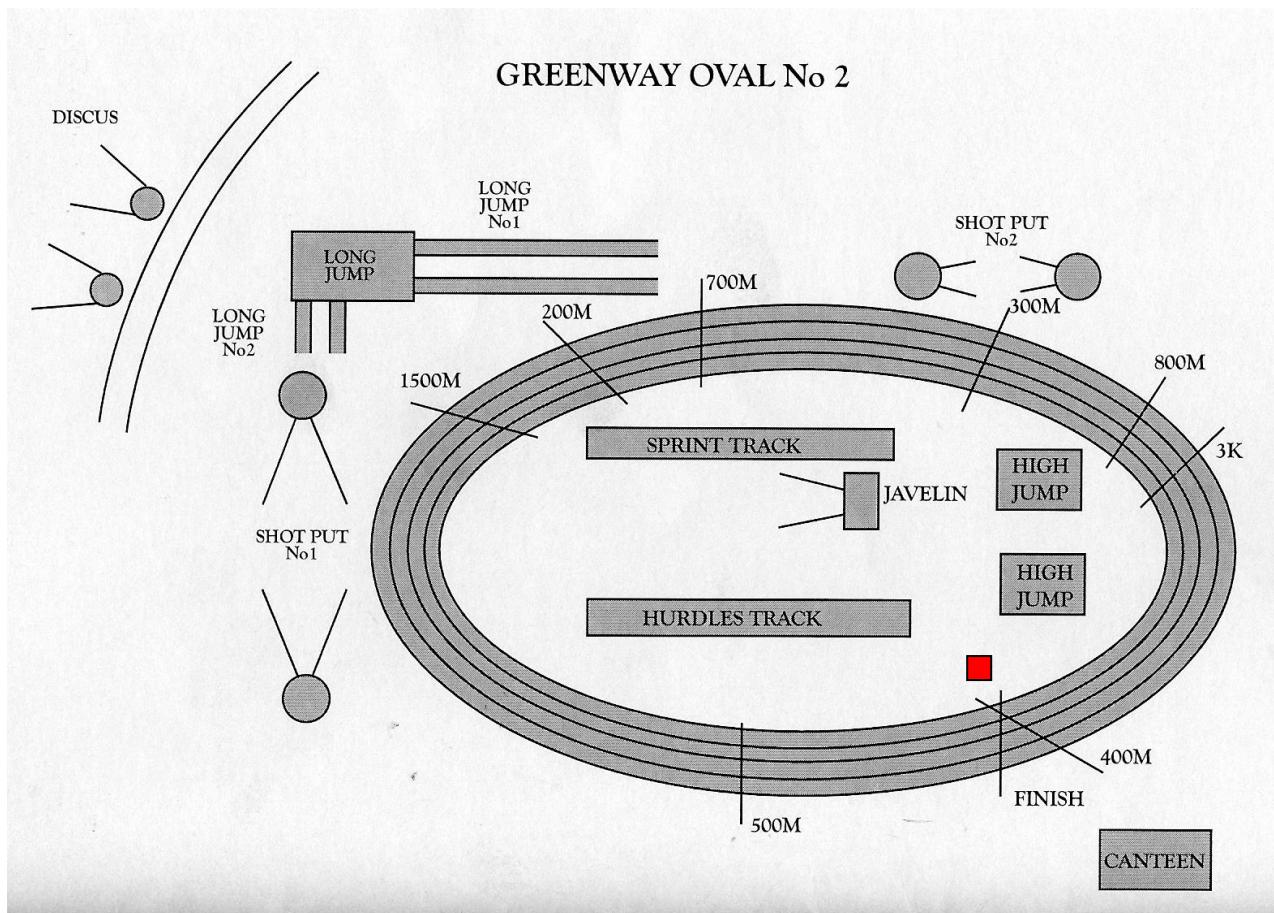
The Red Box can be found on the circular wall outside the canteen area.

The finishing posts will be located on the track as they are used as Age Posts at the start of the evening and should only be put in place after the age groups have moved to their first event.

The recording Table and chairs can be found in the club room to the left of the canteen.

EQUIPMENT SET UP

The red box, recording table and 2 chairs are set up at the inner track finishing line (near the 400m start) on the inside of the track.



UNDER 7 GIRLS

PROGRAMMES 1, 2 and 3

Your age group is responsible for setting up the **OUTER TRACK**

EQUIPMENT :- **OUTER TRACK RED BOX**
1 x RECORDING TABLE
2 x CHAIRS
2 x FINISHING POSTS (yellow)

FINDING EQUIPMENT

The Red Box can be found on the circular wall outside the canteen area.

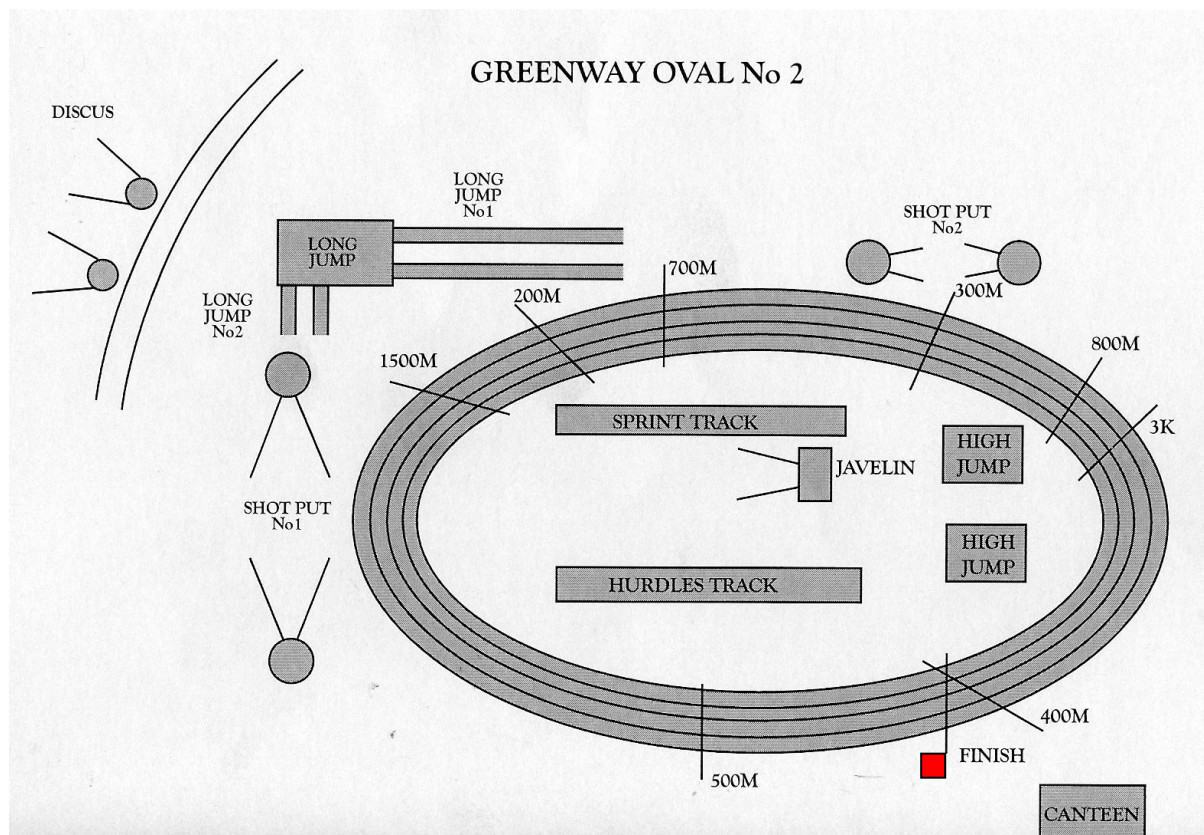
The finishing posts will be located on the track as they are used as Age Posts at the start of the evening and should only be put in place after the age groups have moved to their first event.

The recording Table and chairs can be found in the club room to the left of the canteen.

EQUIPMENT SET UP

The red box, recording table and 2 chairs are set up at the outer track finishing line (near the 400m start) on the outside of the track.

The finishing posts are erected either side of the finishing line.



UNDER 8 BOYS AND GIRLS

Your age group is responsible for setting up the **DISCUS**

EQUIPMENT :-

**PROGRAM 1 :- DISCUS EVENT BOXES x 2
DISCUS CARRIERS - 500g and 750g**

**PROGRAM 2:- DISCUS EVENT BOXES x 2
DISCUS CARRIERS- 350g and 500g
PLASTIC PRACTICE DISCUSES**

**PROGRAM 3 :- DISCUS EVENT BOXES x 2
DISCUS CARRIERS 350g, 750g and 1kg + 1kg wooden
PLASTIC PRACTICE DISCUSES**

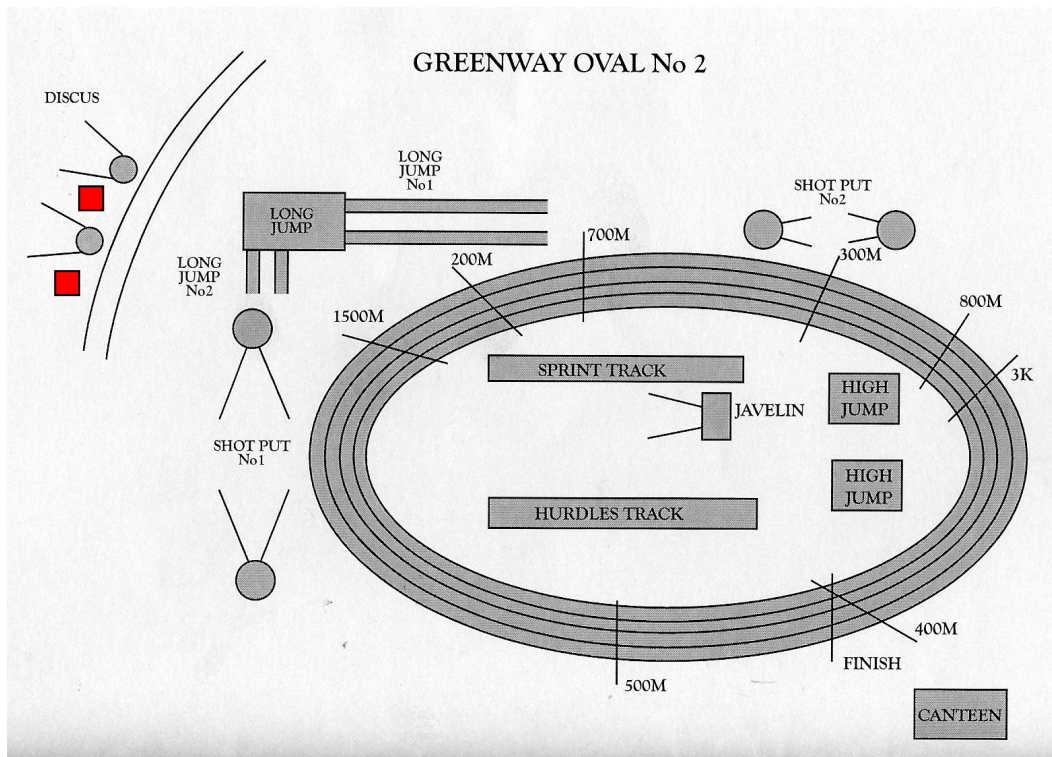
FINDING EQUIPMENT

The Event boxes can be found on the circular wall outside the canteen area. These boxes contain all the recording sheets, tickets, pens, a measuring tape, event instructions, rules and records etc
The Discus Carriers can be found in the store room under the stairs outside the canteen area.

EQUIPMENT SET UP

All equipment is set up at the Discus cages.

Each cage should have a set of metal pegs, 3 discuses of each size and an event box (please check this contains a measuring tape, and a recording clip board).



UNDER 9 and 10 BOYS AND GIRLS

Your age group is responsible for setting up the **HURDLES TRACK**

EQUIPMENT :-

PROGRAM 1 **HURDLES RED BOX**
2 x FINISHING POSTS (yellow)
1 x RECORDING TABLE
2 x CHAIRS
NO HURDLES REQUIRED

PROGRAM 2 + 3 **HURDLES RED BOX**
2 x FINISHING POSTS (yellow)
1 x RECORDING TABLE
2 x CHAIRS
3 x TROLLEYS OF HURDLES

FINDING EQUIPMENT

The Red Box can be found on the circular wall outside the canteen area.

The Finishing posts can be found in the store room under the stairs outside the canteen area.

The recording Table and chairs can be found in the club room to the left of the canteen.

The hurdles can be found on the concrete area or in the canteen area.

EQUIPMENT SET UP

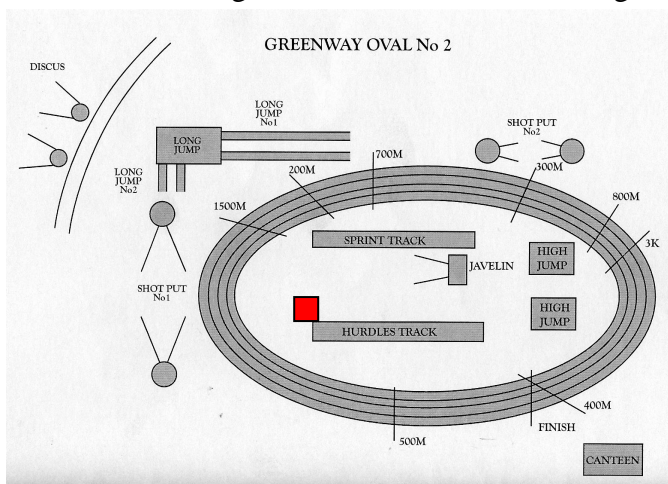
The red box, recording Table and chairs are set up at the finishing end of the Hurdles Track to the right hand side.

The finishing posts are erected either side of the finishing end of the Hurdles Track .

PROGRAM 1 NO HURDLES ARE SET UP (used as a 100m track tonight)

PROGRAM 2 4 lanes of Hurdles are set up on the track at full height for the 100m Hurdles- 10 flights
All other lanes should be kept free as they are used for 100m sprint races.
Two more sets of hurdles should be set up next to the track ready for 60m hurdles (one height down) and set up in line with the yellow markings.

PROGRAM 3 4 Lanes of Hurdles are set up for the 90m hurdles with 9 flights (9 Hurdles in each lane).
All hurdles are set up on the _____ markers on the track after the 90m start line.
The Hurdles will be at a height of 76cms which is full height.



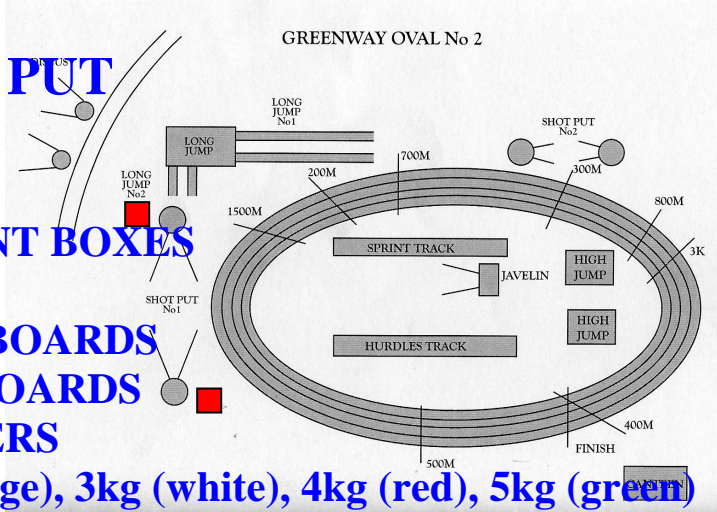
UNDER 11 BOYS AND GIRLS

Your age group is responsible for setting up the **SHOT PUT**

EQUIPMENT :-

PROGRAM 1:-

4 x SHOT PUT EVENT BOXES
CRATE OF BALLS
2 x TIMBER STOP BOARDS
2 x METAL STOP BOARDS
SHOT PUT CARRIERS
1kg (blue), 2kg (orange), 3kg (white), 4kg (red), 5kg (green)



PROGRAM 2 :-

SHOT PUT EVENT BOXES
CRATE OF BALLS
2 x TIMBER STOP BOARD
2 x METAL STOP BOARDS
SHOT PUT CARRIERS
2kg (orange) 3kg(white), 4kg(red)
2 x CHAIRS

PROGRAM 3:-

SHOT PUT EVENT BOXES
2 x TIMBER STOP BOARDS
2 x METAL STOP BOARDS
SHOT PUT CARRIERS
1kg (blue), 1.5kg (yellow), 2kg (orange), 3kg (white)

FINDING EQUIPMENT

The Event boxes can be found on the circular wall outside the canteen area. These boxes contain all the recording sheets, tickets, pens, a measuring tape, event instructions, rules and records etc

The crate of balls, shot put carriers, timber and metal stop boards can be found in the store room under the stairs outside the canteen area.

The chairs can be found in the club room to the left of the canteen.

EQUIPMENT SET UP

SHOT PUT AREA 1

The Event box, Timber stop boards and chairs are set up at the main shot put area No1 – Girls near the cricket nets, boys near the long jump pits.

Each shot put circle should have a stop board, a measuring tape, a set of distance pegs, a Shot Put event Box and a chair

Plus 3 shot puts of each size being used for the program

SHOT PUT AREA 2 (Junior Shot Put)

The metal stop boards are set up at shot put No 2 for the U6's and 7's.

The crate of balls and 1kg shot puts are also set up here (depending on the program)
Each shot put circle should have a stop board, a measuring tape. 3 metal distance pegs and a Junior shot put event box.

UNDER 12 BOYS AND GIRLS

Your age group is responsible for setting up the **LONG JUMP PITS**

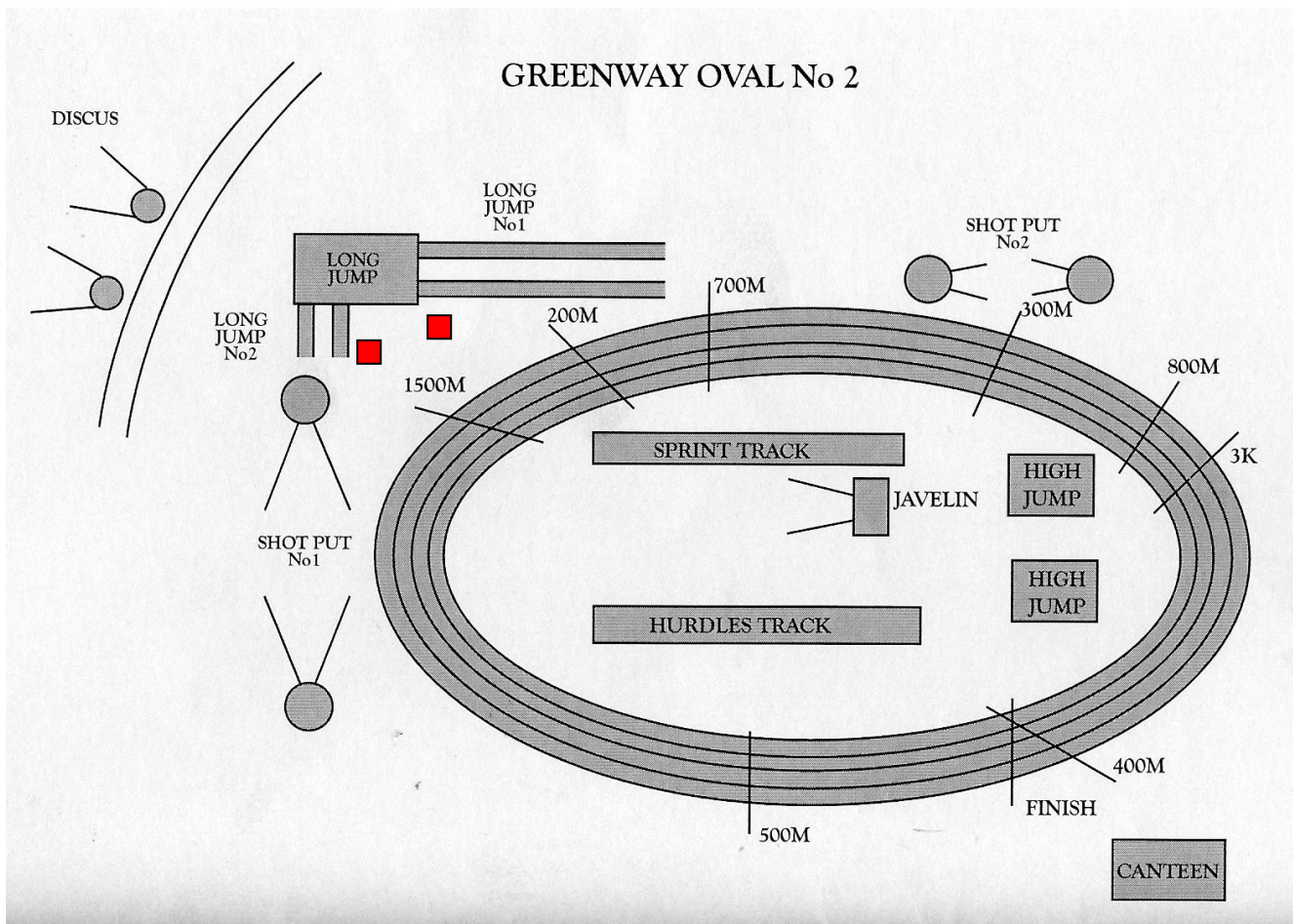
EQUIPMENT :- **4 x EVENT BOXES**
LONG JUMP BOX
TROLLEY WITH PIT EQUIPMENT
SAND MEASURING FRAMES
2 x CHAIRS

FINDING EQUIPMENT

The Long Jump Box and Event Boxes can be found on the circular wall outside the canteen area. The long jump trolley can be found in the store room under the stairs outside the canteen area. The chairs can be found in the club room to the left of the canteen.

EQUIPMENT SET UP

The equipment is set up at the No 1 and No 2 Long Jump Pits. Each pit will need a rake, a measuring tape and metal stick, a chair and a recording clip board. Each pit should have its own event Box containing all the recording sheets, tickets, pens, a measuring tape, event instructions, rules and records etc



UNDER 13 AND SENIOR BOYS AND GIRLS

Your age group is responsible for setting up the **HIGH JUMP**

EQUIPMENT :- **HIGH JUMP EVENT BOXES**
2 x SETS OF LANDING MATS
(3 SETS REQUIRED ON PROGRAM ONE)
4 x UPRIGHT POSTS
2 x CROSS BARS
MEASURING STICK
1 X RUBBER FLEXI BAR (only for program 2 and 3)

FINDING EQUIPMENT

The Event Boxes can be found on the circular wall outside the canteen area, these contain all the recording sheets, tickets, pens, event instructions, rules and records etc

All other equipment should be in the large store room at the right hand end of the building and in the store room under the stairs outside the canteen area.

