

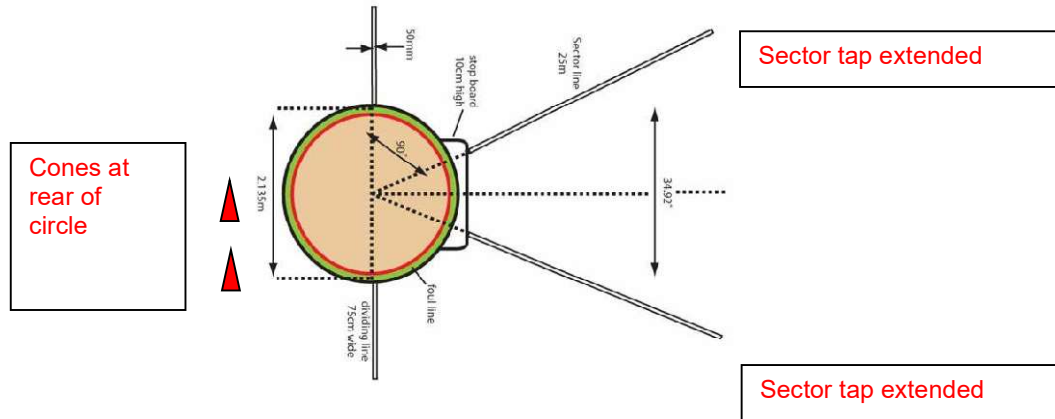
## 1.3 Equipment Set-up

Before each meet can commence all necessary equipment for the event needs to be pulled out and set-up ready for competition. In most cases this equipment is set-up before the meet and remains without change until pack up, the notable exceptions being hurdles.

### 1.3.1 Shot Put – Bottom field

Set up for shot put requires the following steps:

- Check to ensure the cart carrying the shotput equipment has the following equipment
  - In the box
    - 2 x 500g Pink Shot Put
    - 3 x 1kg Blue Shot Put
    - 3 x 1.5kg Yellow Shot Put
    - 9 x 2kg Orange Shot Put
    - 6 x 3kg White Shot Put
    - 2 x 4kg Red Shot Put
    - 2 x 5kg Green Shot Put
    - 4 x tape measure (preferably 30m but 15m is OK)
    - 4 x flag set (red + white + yellow – these are generally not used)
    - 24 x spikes for securing sector lines
    - 1 x mallet
  - Loose in the cart
    - 8 x sector lines (on reels)
    - 4 x tape spike (for marking and measuring throws)
    - 8 marking cones (2 for each pit)
- To set up for the event do the following
  - Check with the duties coordinator how many throwing circles are required for the meet
  - Ensure each pit has
    - 2 x sector lines
    - 6 x spikes for securing sector lines
    - 1 x tape measure
    - 1 x tape spike
    - 2 x marking cones
  - Mark the sector using the sector lines and securing with spikes (3 to each line)
    - Measurements of the landing area should be to create 34.92° sector such that the lines, if extended, would pass through the centre of the circle and if extended from the centre by 20m would be 12m apart
    - As it is not possible to measure this precisely on each occasion there will be indicators on both the outside of the stop board to show start point and on the boundary fence to guide the sector line marking.
  - Sweep out the throwing area to remove any debris or pooled water
  - Position two cones outside the back of the throwing circle to guide athletes



### 1.3.2 Long Jump / Triple Jump – Bottom field

Set up for long jump and triple jump requires the following steps:

- Check to ensure the following equipment is at each pit
  - In each box
    - 2 x tape measure (preferably 15m)
    - 2 x sand matt for younger ages
    - 2 x trowel for smoothing sand mat
    - 10 x marking cones
    - 2 x flag set (red + white + yellow – these are generally not used)
  - Additional required (per pit)
    - 2 x tape spikes
    - 2 x rakes
    - 1 x broom
    - 1 x shovel
    - 1 x watering can
- To set up do the following
  - Position a box at each pit
  - Pull out the large yellow hose to connect to the ground water
    - Fill each of the watering cans and position one at each pit for use during competition
    - Hose down each pit for ready for use (not necessary following wet weather)
  - Set up a sand mat on one runway for each pit for use by younger age groups.
  - Rake both pits ensuring that the end of the pit closest to the take-off area is filled in and that an even (flat) landing area is established
  - Sweep down the run way to clear debris

### 1.3.3 Discus – Top field

Set up for discus requires the following steps:

- In the shed at the far end of the track check the content of the two discus boxes labeled “D1” for discus cage 1 (150m start line) and “D2” for discus stage 2 (200m start line) and prepare the following for each discus cage
  - In each box
    - 3 x 350g Discus
    - 3 x 500g Discus
    - 3 x 750g Discus
    - 3 x 1kg Discus (D1 only)

- 2 x 1.5kg Discus (D1 only)
    - 1 x tape measure (preferably 50m)
    - 1 x flag set (red + white + yellow – these are generally not used)
    - 8 x spikes for securing sector lines
    - 1 x mallet
  - Additional equipment (per cage)
    - 2 x sector lines (on reels)
    - 1 x tape spike (for marking and measuring throws)
    - 1 x numbered marker set
    - 2 x “Throw event in progress” sign
- To set up for each event do the following
  - Mark the sector using the sector lines and securing with spikes (4 to each line) by extending the white lines printed on the tartan between the throwing circle and the grassed area. This sector lines should be extended by 40m
  - Sweep out the throwing area to remove any debris or pooled water
  - Position a “Throwing event in progress” sign on either side of the sector approximately 15m to 20m out from the throwing circle

### 1.3.4 Javelin – Top field

Set up for Javelin requires the following steps:

- In the shed at the far end of the track check the content of the box labeled “J” and prepare the following for each discus cage
  - In the box
    - 1 x tape measure (preferably 100m)
    - 1 x flag set (red + white + yellow – these are generally not used)
    - 10 x marking cones
    - 8 x spikes for securing sector lines
    - 1 x mallet
  - Additional equipment
    - Javelin trolley holding
      - 3 x 400g Javelin
      - 3 x 500g Javelin
      - 3 x 600g Javelin
      - 2 x 700g Javelin
    - 2 x sector lines (on reels)
    - 1 x tape spike (for marking and measuring throws)
    - 1 x numbered marker set
    - 2 x “Throw event in progress” sign
- To set up for each event do the following
  - Mark the sector using the sector lines and securing with spikes (4 to each line) by extending the white lines printed on the tartan throwing area. This sector lines should be extended by 50m
  - Sweep out the throwing area to remove any debris
  - Position a “Throwing event in progress” sign on either side of the sector approximately 15m to 20m out from the throwing area

### 1.3.5 High Jump – Top field

Set up for High Jump requires minimal equipment

- For the two large high jump cages use following steps:
  - Open metal cages and roll back away from matts (2+ person job)
  - Set up high jump stands with feet weighed down by sandbag and distanced by the length of the high jump bar
  - Position the high jump bar on the matts
- For the scissors high jump
  - Remove the thin mats from the cage and secure together using slips on mats
  - Space the high jump stands a bar length apart and slide one side of the feet under the mat to secure in place
  - Position the high jump bar on the matts

### 1.3.6 Hurdles – Track

Hurdles need to be moved and adjusted during the competition however should be set up for initial races prior to competition. The track markings, hurdle height and number of flights for each race length and age group are in the table below

Distance	Age	Marks	Height	Flights
300m	14-17	GREEN	76cm	7
200m	13	GREEN	76cm	5
110m	16-17M	BLUE	76cm	10
100m	16-17F, 14-15M	YELLOW	76cm	10
90m	14-15F, 13M	WHITE	76cm	9
80m	13F	BLACK	76cm	9
80m	12	BLACK	68cm	9
80m	11	BLACK	60cm	9
60m	10	PINK	60cm	6
60m	8-9	PINK	45cm	6

Set up will differ depending on the number of expected athletes and will likely be altered during the season as more is known. Early in the season the following set up is recommended

- Lanes 1 through 3 set up per the table for the 300mH. Following completion of this event the first two flights can be removed
- Lanes 4 through 5 added for the 200mH ready for competition. Following completion of this event the first two flights of lanes 1 through 5 can be removed, leave other hurdles in place to be used for other distances.
- Lanes 7 and 8 set up ready for the 110mH. If additional hurdles are needed the hurdles from the 200mH can be used
- Lanes 9 and 10 set up ready for the 100mH. If additional hurdles are needed the hurdles from the 110mH can be used
- Following the 100mH shift the position of the hurdles for the 90mH
- Following the 90mH shift the position of the hurdles for the 80mH and extend to a minimum of 6 lanes
- Following the 80mH shift the position of the hurdles for the 60mH
- At completion of hurdles position all on the hurdles trolley and return to the shed at the far end of the track.

### 1.3.7 Shades

Depending on the events in use and the weather shades should be erected in multiple locations. See below for locations and conditions. Note that in high wind conditions only the 6mx 3m shade should be erected on the finish line and additional ropes, straps or other used to secure in place, all other shades should be avoided in these conditions to prevent risk of injury should the shade be blown out of a secure position. Shade set up is not required for night meets unless UV levels remain high at time of start.

<b>LOCATION</b>	<b>TYPE</b>	<b>WHEN</b>
Finish Line	6m x 3m	Always. Firmly secured to steeplechase hurdles and weighed down. Use trolley as additional anchor point in poor weather
Past Finish Line	3m x 3m	Always. Secured to track fence and weighted at front with sand weights.
100m Start	6m x 3m	Always. Secured to track fence and weighted at front with sand weights.
200m Start	3m x 3m	Only when 200m run. Secured to track fence and weighted at front with sand weights.
Bottom Field	3m x 3m	High UV and hot weather. In very high heat erect two shades. Secure with four sand weights
Discus Cage 1	3m x 3m	High UV and hot weather. Anchor to High Jump cover
Discus Cage 2	3m x 3m	High UV and hot weather. Anchor to discus cage
Javelin/High Jump	3m x 3m	High UV and hot weather. Anchor to Scissor High Jump cover