

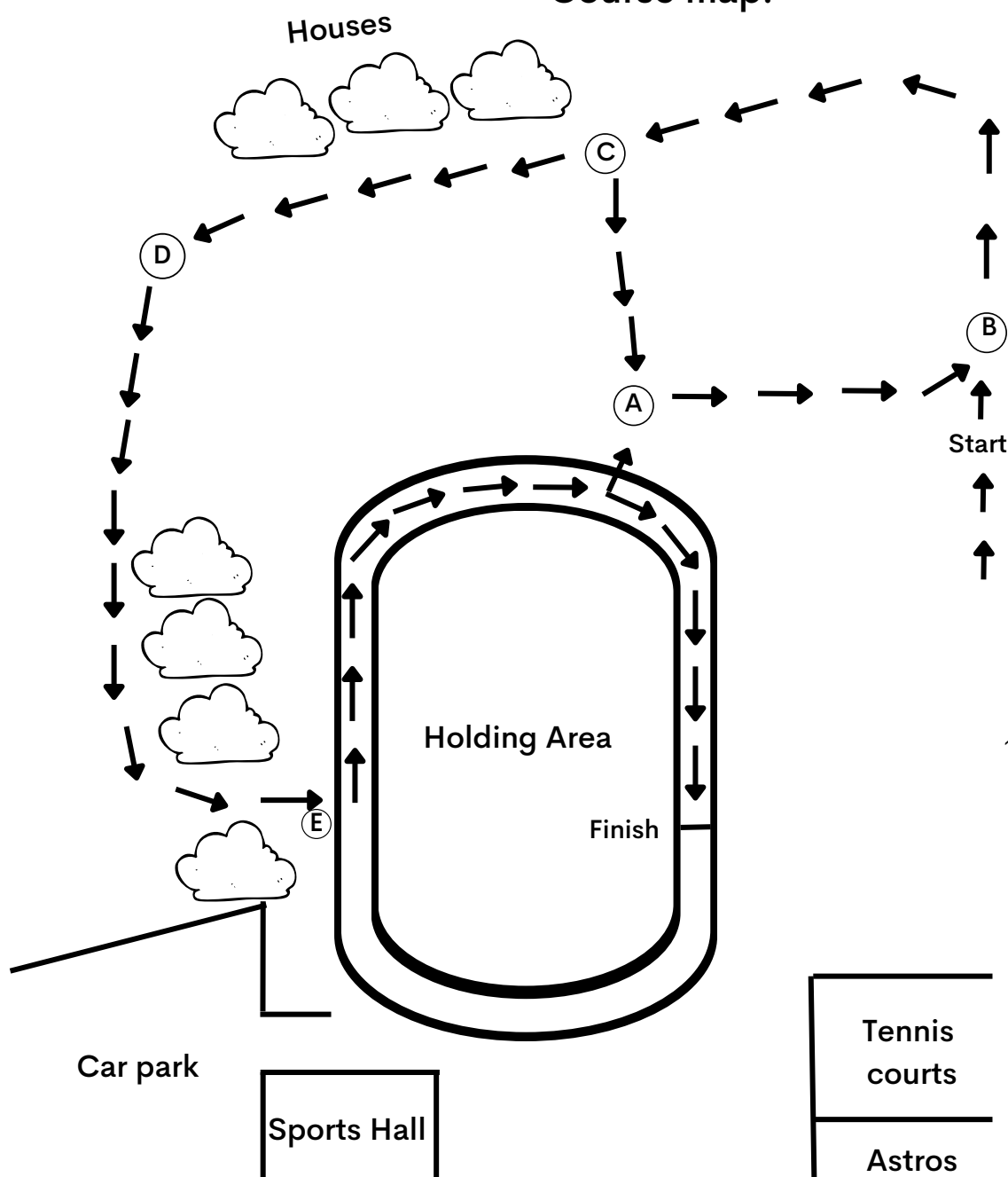
Please keep Start/Finish area clear.

Athletes must wait in the holding area (centre of the track) **and wait to be called for their race.**

Finish Tokens MUST go in envelope with results recording sheet.

First 3 athletes to count (4th will count if tied).

### Course map:



**Year 3:**

1 Large Lap:  
Start B C D E Finish  
600mts

**Year 4:**

1 Small Lap & 1 Large Lap:  
Start B C A B C D E Finish  
800mts