

HURDLE/BLOCK CREW
NIAGARA OLYMPIC CLUB CENTRE

8:15 SET UP FOR GIRLS' 1500 M. STEEPLECHASE SCHEDULED FOR 8:30

The positions for the barriers are marked with a large white stripe on the inside of lane one and the outside of lane three.

ATHLETES GO OUTSIDE
WATER JUMP FIRST
TIME THEY GO BY

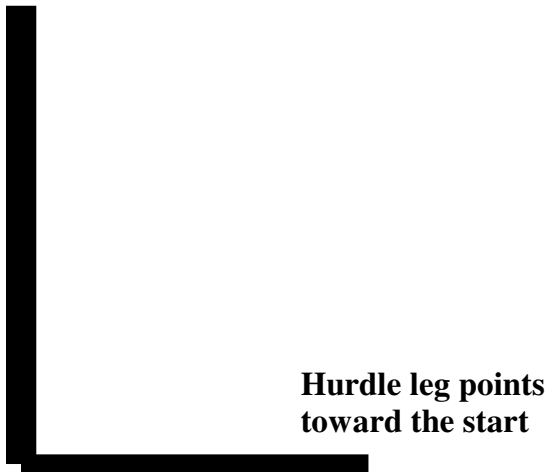


The
he
barrier
s are
76 cm
in
height.

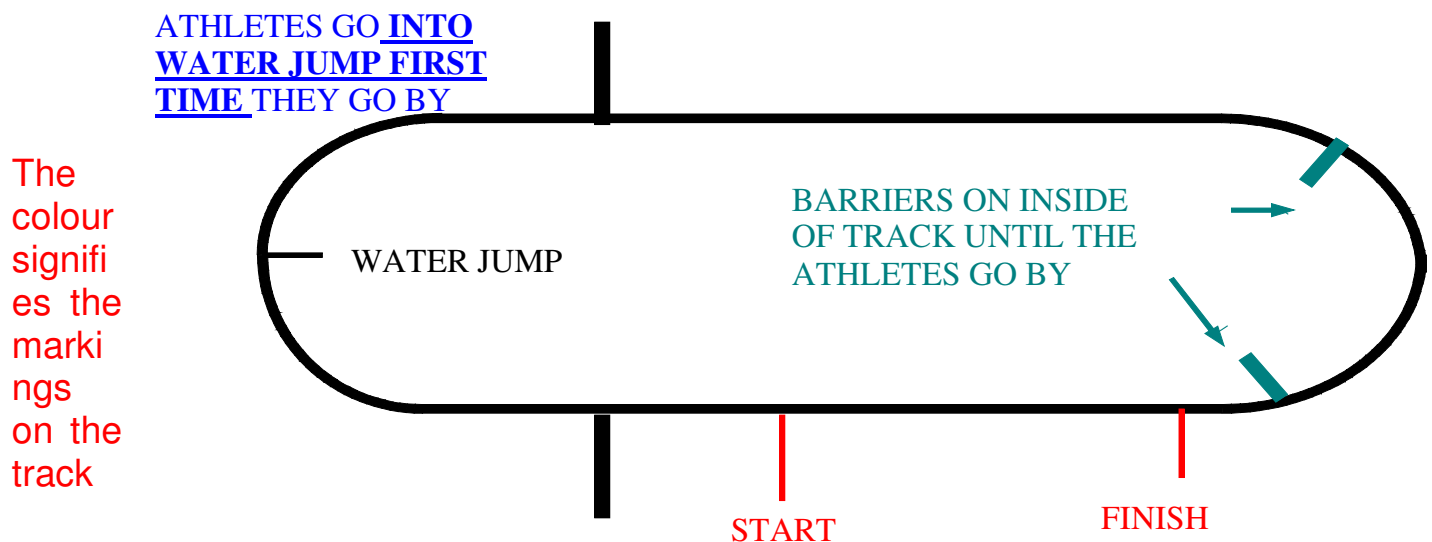
1

AFTER GIRLS' STEEPLCHASE SET UP FOR BOYS' 2000 M. STEEPLECHASE SCHEDULED FOR 8:45

The barriers are 91 cm in height



While the Girls' and Boys' Steeplechases are being run starting blocks should be brought to the sprint hurdle start and begin setting the hurdles in the outside lanes for the Midget Girls' 80 metre hurdles.



for the event.

<u>HURDLE EVENT</u>	<u>DISTANCE</u>	<u>NUMBER OF HURDLES</u>	<u>HEIGHT</u>	<u>NUMBER OF HEATS</u>	<u>LANES NEEDED</u>
Midget Girls	80 M.	8	2'6" 0.762 M.		
Junior Girls	80 M.	8	2'6" 0.762 M.		
CHANGE DISTANCES AND ADD 2 HURDLES BUT DO NOT CHANGE HEIGHT					
Senior Girls	100 M.	10	2'6" 0.762 M.		
CHANGE HEIGHT ONLY					
Midget Boys	100 M.	10	2'9" 0.762 M.		
CHANGE HEIGHT ONLY					
Junior Boys	100 M.	10	3' 0.914 M.		
CHANGE DISTANCE ONLY					
Senior Boys	110 M.	10	3' 0.914 M.		

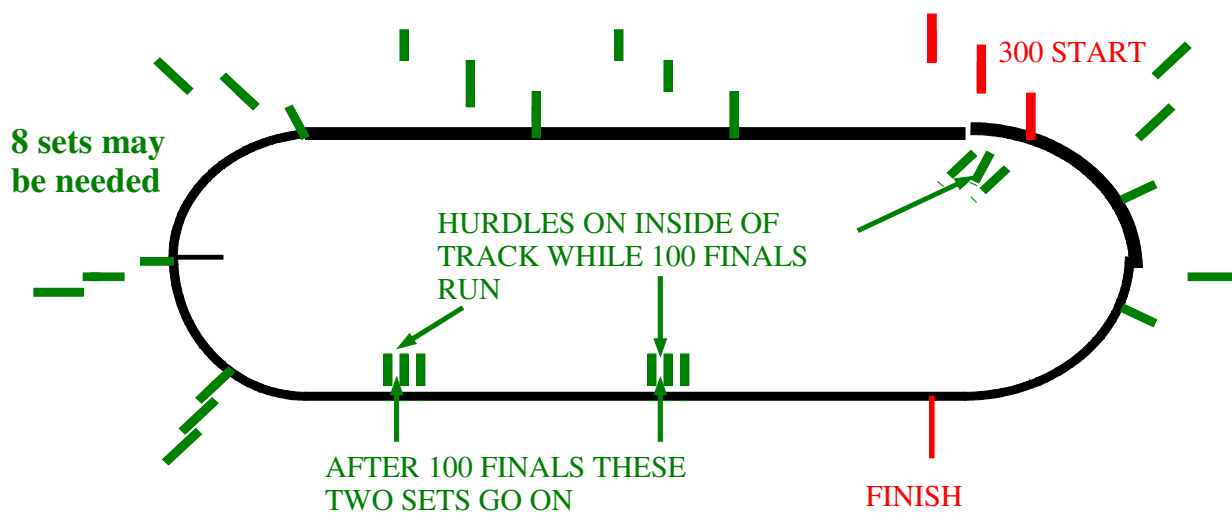
After the sprint hurdle finals the starting blocks are moved if necessary to the finish area for the 400 sprints scheduled for 11:20. At least two members of the crew should be at the start of 400s while they are run to assist with the blocks and to remove them from the inner lanes after a 400 has started.

After the hurdle finals and during the 400 sprints the hurdles are moved around the track, assisted by the tractor and trailer, to the stations for the 300 and 400 hurdles scheduled for 12:50. The hurdles are placed on the inside of the track until after the completion of the 400 metres. The markings for the 300 and 400 hurdles are green stripes.

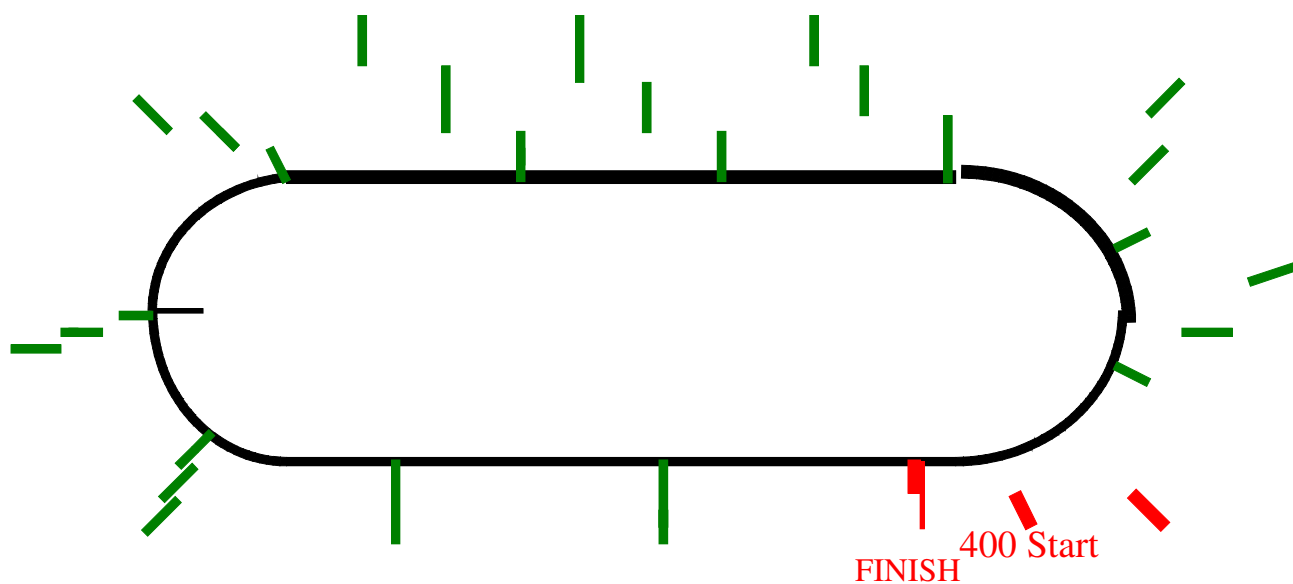
After the 400 sprints the starting blocks if necessary are moved to the start of the 100s for the 100 finals scheduled for 12:30.

After the 400s are completed and while the 100 finals are being run the set up for the 300m and 400m hurdles may be done according to the diagram below. Once

the 100m finals are completed the last two sets of hurdles



may be placed on the straightaway.



Below
is the
setup

for the 400m hurdles. The third set is put in for the 400. The other hurdles stay in the same place. The only change for them is a height change when required.

<u>HURDLE EVENT</u>	<u>DISTANCE</u>	<u>NUMBER OF HURDLES</u>	<u>HEIGHT</u>	<u>NUMBER OF HEATS</u>	<u>LANES NEEDED</u>
Midget Girls	300 M.	7	2'6" 0.762 M.		
Junior Girls	300 M.	7	2'6" 0.762 M.		
PUT THIRD HURDLE IN BUT DO NOT CHANGE HEIGHT					
Senior Girls	400 M.	10	2'6" 0.762 M.		
TAKE OUT THIRD HURDLE AND CHANGE HEIGHT					
Midget Boys	300 M.	7	2'9" 0.762 M.		
Junior Boys	300 M.	7	2'9" 0.762 M.		
PUT THIRD HURDLE IN AND CHANGE HEIGHT					
Senior Boys	400 M.	10	3' 0.914 M.		

After the 300/400 hurdles the starting blocks are moved to the 200 metre start for the 200 metre timed sections scheduled for 2:00 p.m..

The hurdles are loaded up on the trailer and taken to storage.

After the 200 metres are run the starting blocks are taken to the start/finish area for the relays scheduled for 4:15 p.m.. At least two students should be present during the relays to remove the blocks from the inside lanes after the relays start.