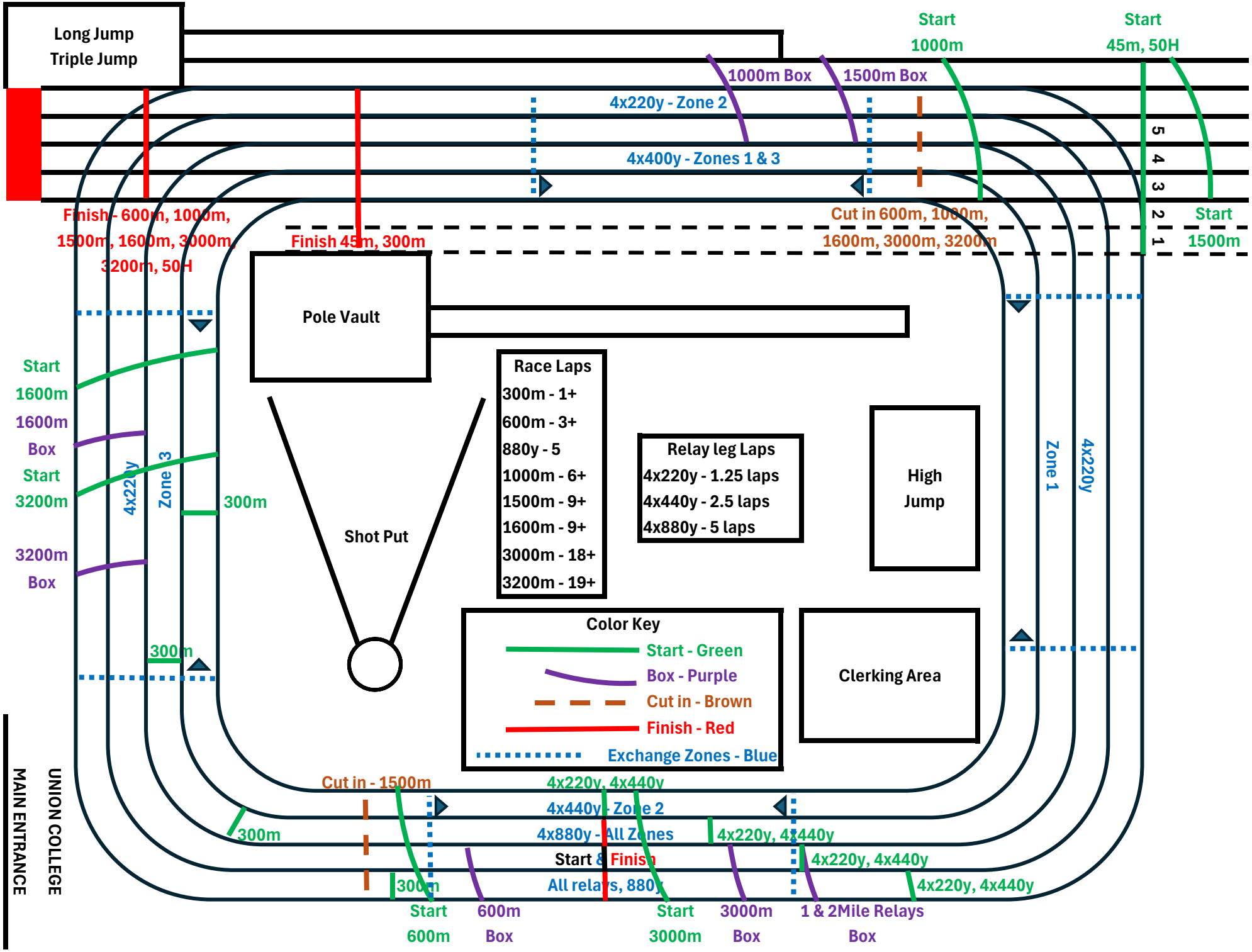
Long Jump
Triple Jump
Start
1000m
Start
45m, 50H
1000m Box
1500m Box
4x220y - Zone 2
4x400y - Zones 1 & 3
5
4
3
2
1
Finish - 600m, 1000m,
1500m, 1600m, 3000m,
3200m, 50H
Finish 45m, 300m
Cut in 600m, 1000m,
1600m, 3000m, 3200m
Start
1500m
Pole Vault
Start
1600m
1600m
Box
Start
3200m
3200m
Box
4x220y
Zone 3
300m
Shot Put
Race Laps
300m - 1+
600m - 3+
880y - 5
1000m - 6+
1500m - 9+
1600m - 9+
3000m - 18+
3200m - 19+
Relay leg Laps
4x220y - 1.25 laps
4x440y - 2.5 laps
4x880y - 5 laps
High
Jump
Zone 1
4x220y
300m
Color Key
Start - Green
Box - Purple
Cut in - Brown
Finish - Red
Exchange Zones - Blue
Clerking Area
Cut in - 1500m
4x220y, 4x440y
4x440y - Zone 2
4x880y - All Zones
Start & Finish
All relays, 880y
300m
4x220y, 4x440y
4x220y, 4x440y
4x220y, 4x440y
300m
Start
600m
600m
Box
Start
3000m
3000m
Box
1 & 2Mile Relays
Box
MAIN ENTRANCE
UNION COLLEGE