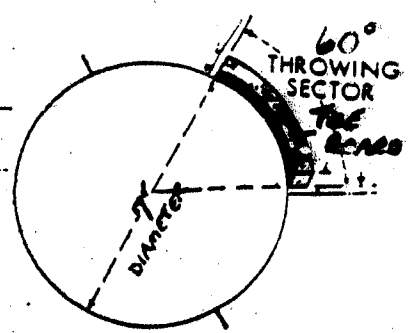


SHOT PUT STEEL OR BRASS BALL

	BOYS - WEIGHT - GIRLS	
JUNIOR HIGH	8 Lbs	8 Lbs
HIGH SCHOOL	12 Lbs	4 Kg
COLLEGE	16 Lbs	4 Kg



HURDLES

110 M - LENGTH - 100 M

BOYS - HEIGHT - GIRLS

JUNIOR HIGH	30 or 33 IN	30 IN
HIGH SCHOOL	39 IN.	33 IN
COLLEGE	42 IN	33 IN

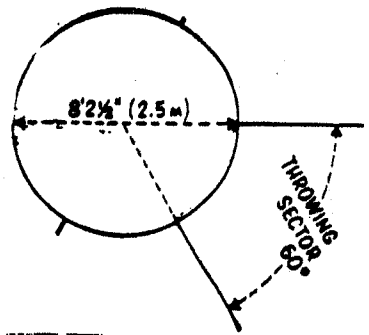
10 HURDLES IN A RACE

DISCUS

WOOD OR RUBBER PLATE

BOYS - WEIGHT - GIRLS

JUNIOR HIGH	1 Kg (2.374 Lbs)	1 Kg
HIGH SCHOOL	1.6 Kg (3 Lbs 9 oz)	1 Kg
COLLEGE	2 Kg (4 Lbs 6 oz)	1 Kg



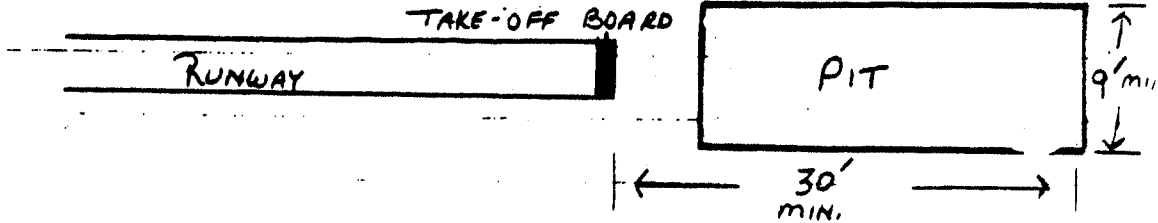
LONG JUMP

1-FOOT TAKE OFF

MUST JUMP FROM INSIDE THE FARTHEST EDGE OF THE TAKE-OFF BOARD

LANDING PIT IS MADE OF SAND

3 STYLES OF JUMPING - HANG • GATHER • HITCH KICK

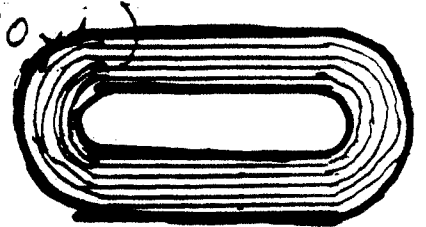


TRACK

DISTANCE ONCE AROUND 400 M (OLD 440 YD)

WIDTH OF LANES 42 IN. OR 48 IN.

NUMBER OF LANES 6, 8 OR 10



HIGH JUMP

1- FOOT TAKE OFF

WALNUT HILLS

LANDING PIT - 8ft DEEP 16ft ACROSS 24-28in HIGH
MADE OF FOAM RUBBER

STYLES OF JUMPING - SCISSORS • EASTERN ROLL •
WESTERN ROLL • STADDLE ROLL • FOSBURY FLOP

RELAYS

4 RUNNERS PER TEAM

PASS A BATON (STICK) 11.81 IN (300mm) IN LENGTH
INSIDE AN EXCHANGE ZONE 20M IN LENGTH

MOST COMMON RELAYS 4x100M • 4x200M • 4x400M

STARTS

IN RACES OF 400M OR LESS THERE IS A 3 COMMAND START

- (1) "RUNNERS, TO YOUR MARK" - GETTING INTO THE STARTING BLOCKS
- (2) "SET" - RISING UP AND HOLDING
- (3) THEN THE GUN SOUND - LEAVING THE STARTING LINE

IN RACES OF 800M OR LONGER THERE IS A 2 COMMAND START

- (1) "RUNNER'S SET" - GET READY IN A STANDING POSITION - HOLD
- (2) THEN THE GUN SOUND - LEAVE THE STARTING

FALSE START - SOMEONE LEAVES THE STARTING LINE BEFORE
THE GUN SOUND.