



ILLUSTRATIONS

EXAMPLE OF APPROVED HURDLE

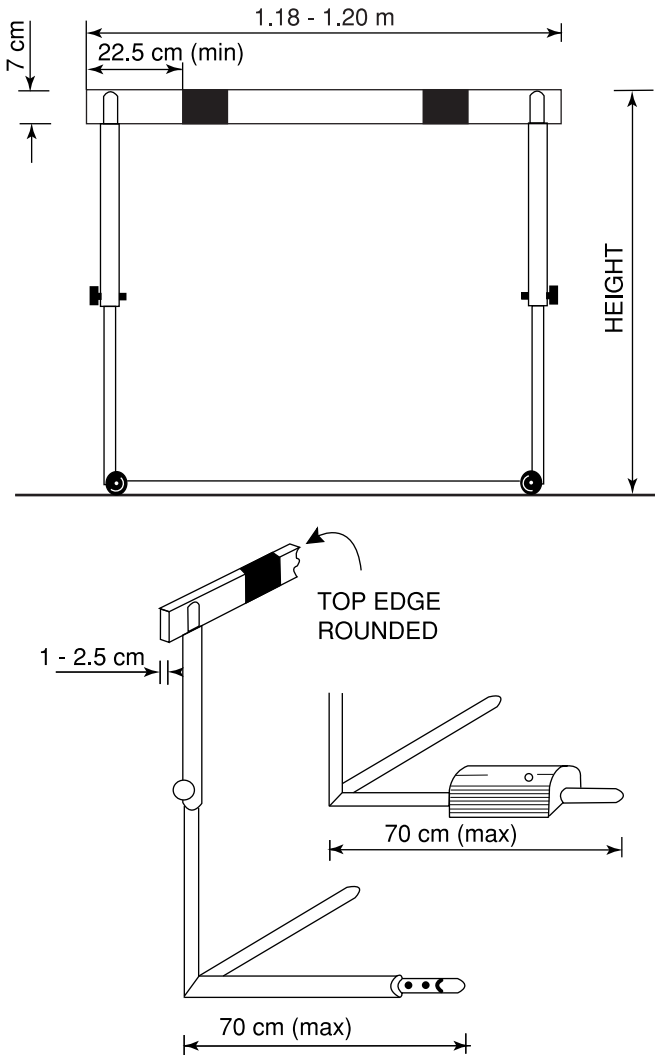
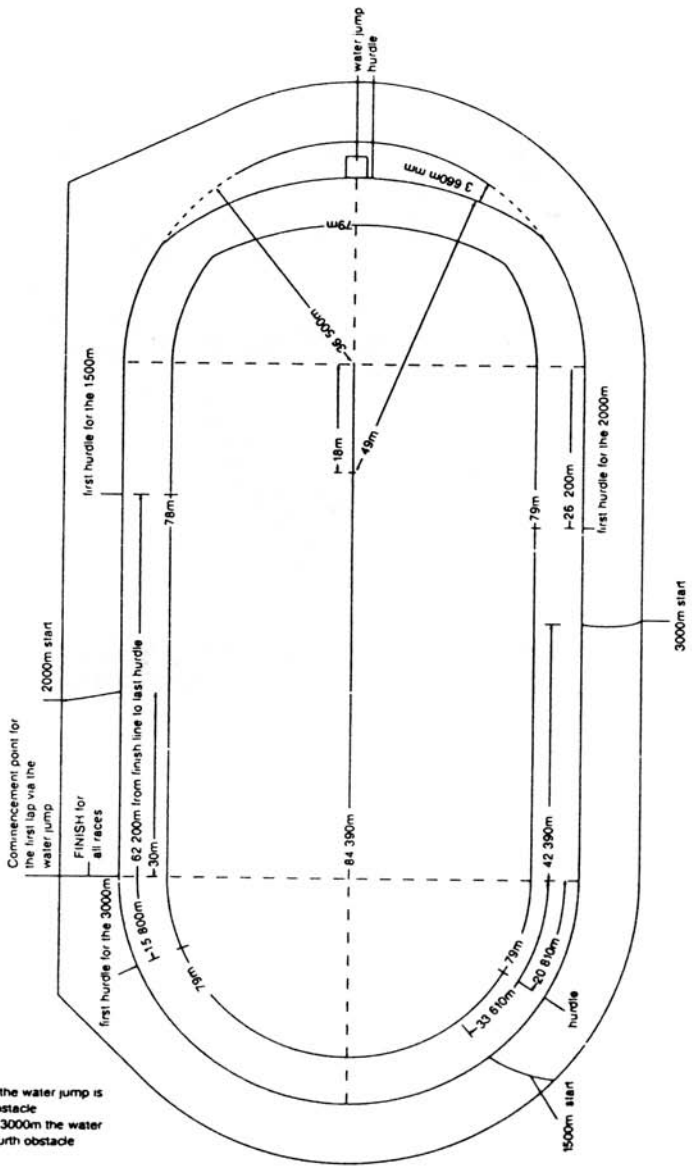


FIGURE 1



In the 2000m the water jump is the second obstacle
 in the 1500 & 3000m the water jump is the fourth obstacle

FIGURE 2

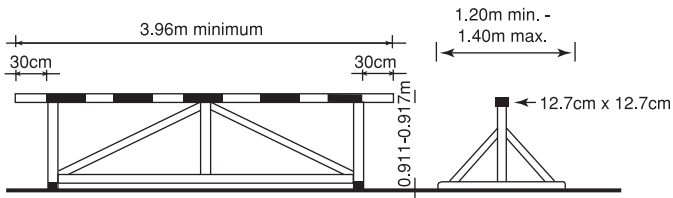


FIGURE 3 – STEEPLCHASE BARRIER

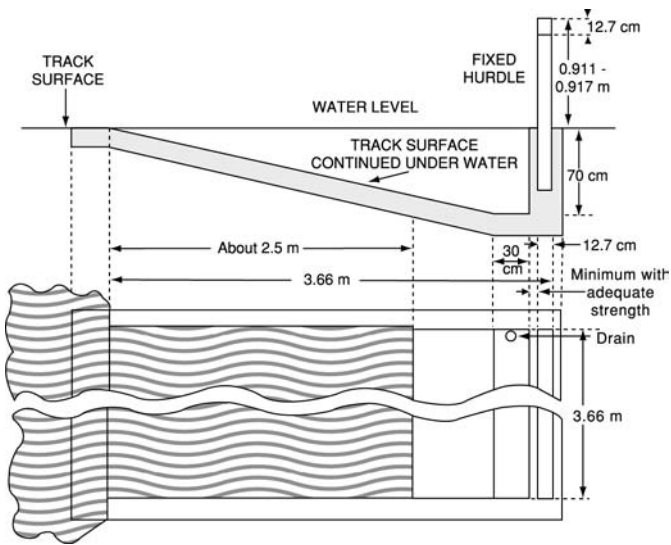
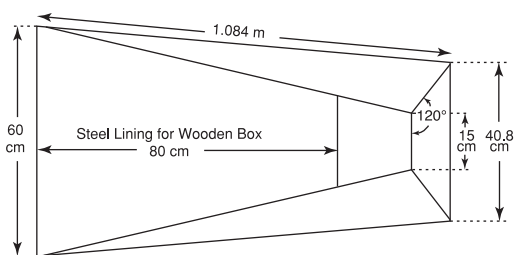
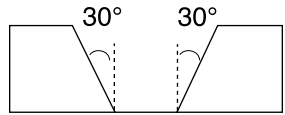
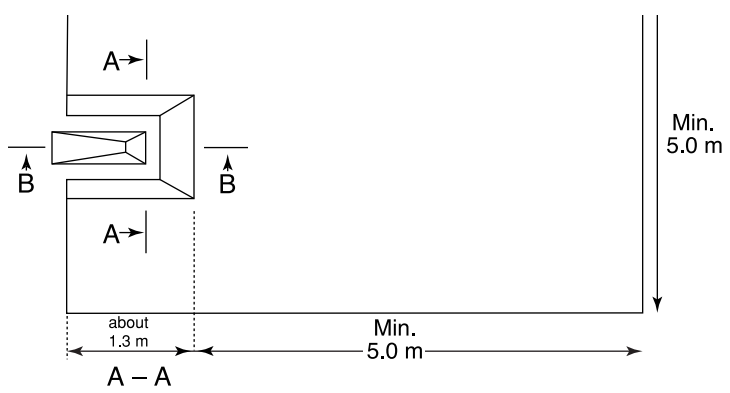
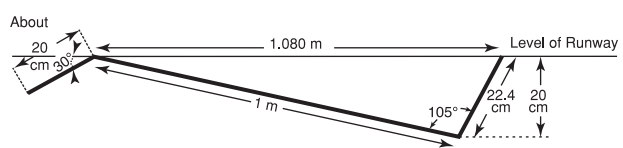


FIGURE 3 – WATER JUMP



PLAN VIEW



Plan of a Suitable Landing Area

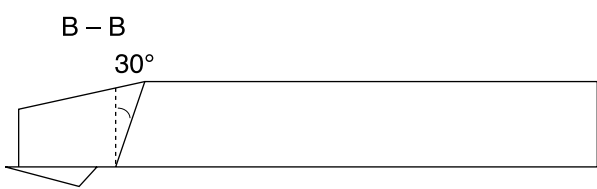


FIGURE 5 – POLE VAULT BOX AND LANDING AREA

FIGURE 6 – TAKE-OFF BOARD AND PLASTICINE BOARD

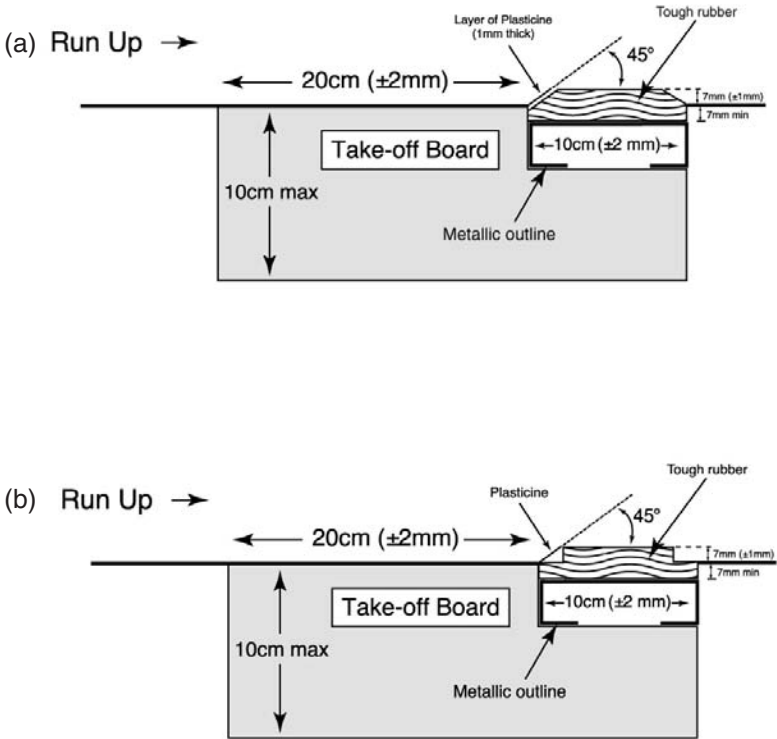


FIGURE 7 – END VIEW OF CROSSBAR

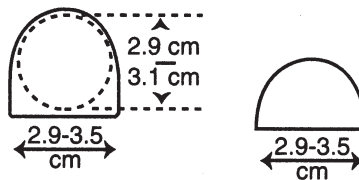


FIGURE 8 – LAYOUT OF CONCENTRIC CIRCLES FOR DISCUS AND HAMMER

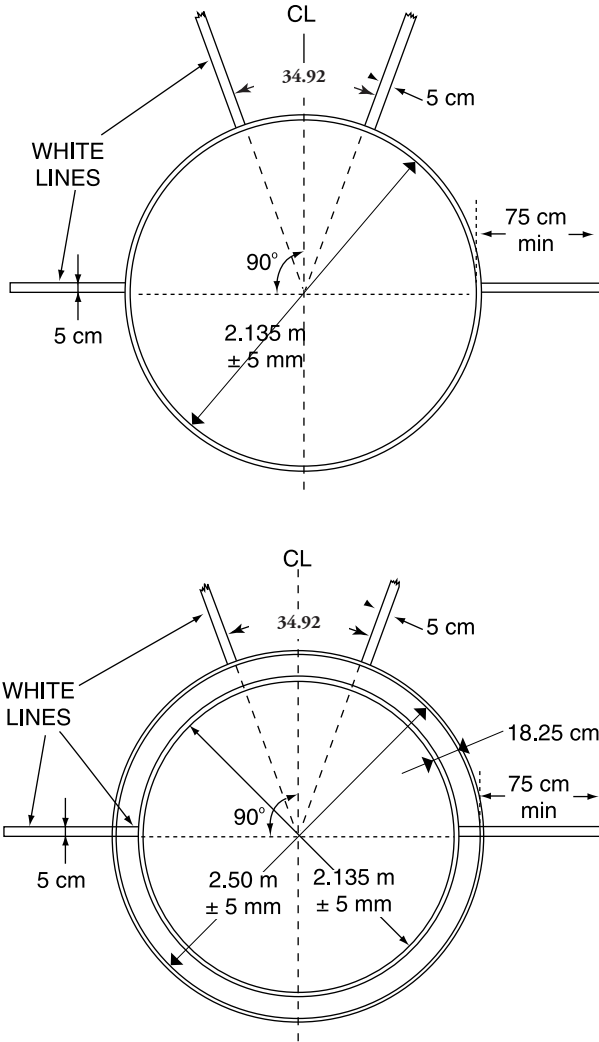


FIGURE 9 – LAYOUT OF SHOT STOPBOARD

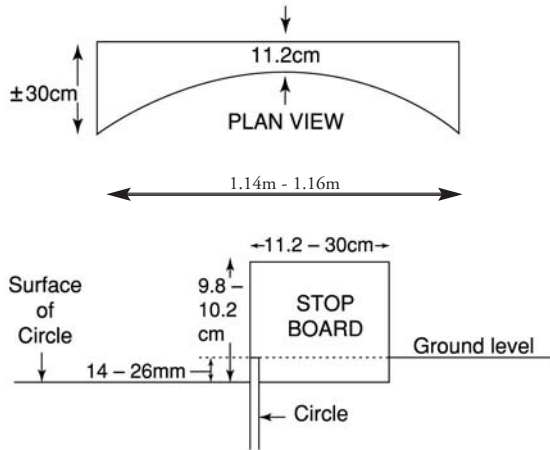


FIGURE 10 – DISCUS

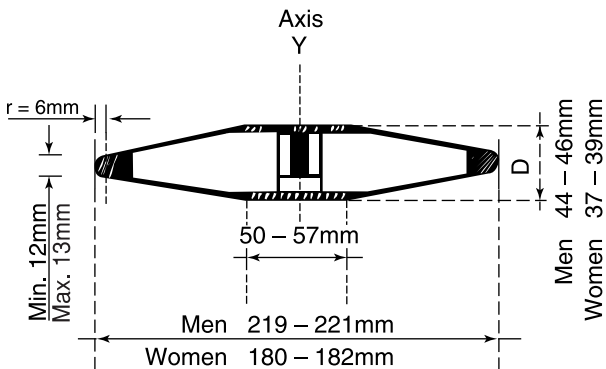
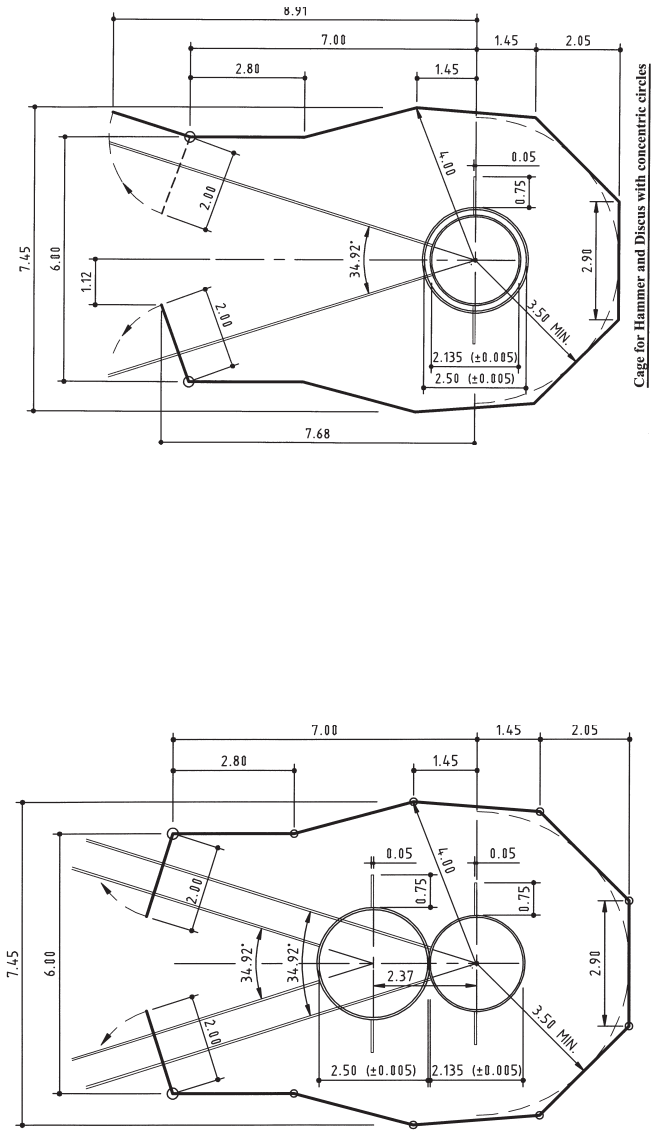


FIGURE 12 – HAMMER/DISCUS CAGE LAYOUTS



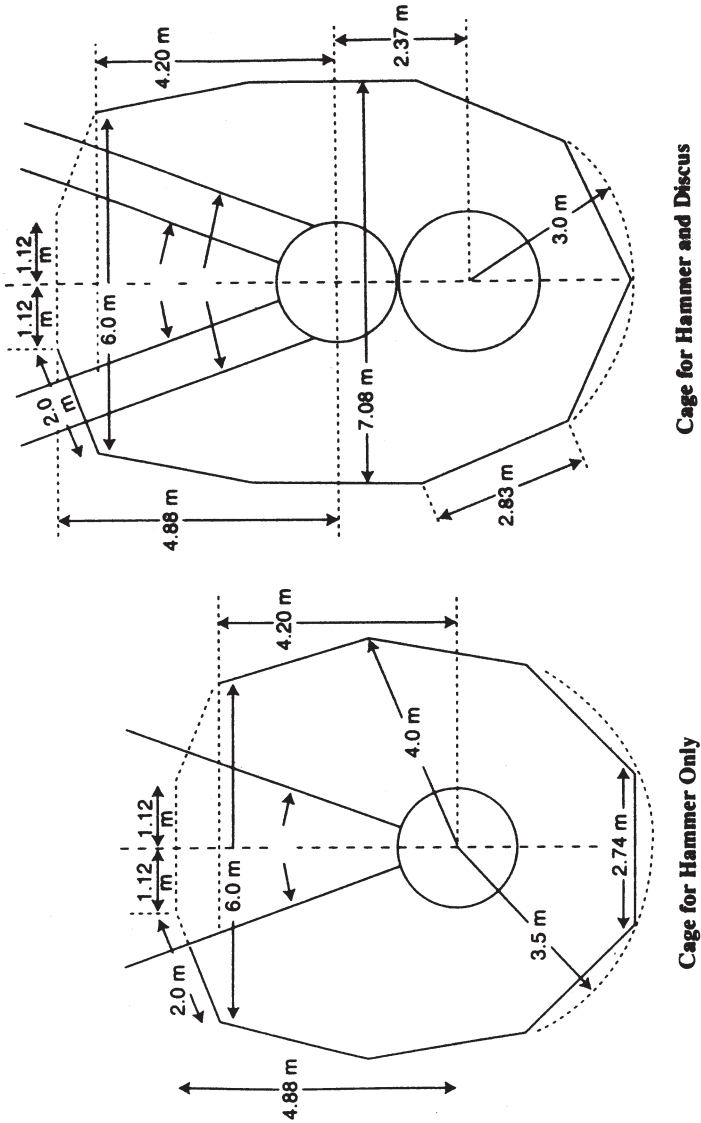


FIGURE 13 – PLANS OF ARTERNATIVE HAMMER CAGES