



MARSHALLING AREAS

1. 3000m, 200m
(on track, behind the start area)
 2. Hurdles, 100m
(outside the fence behind the start area)
 3. 800m, 400m, 4x400m
(inside the fence, to the right of the gate)
 4. 1500m
(outside the fence)
 5. 4x100m relays
(North Stand, section N - right hand side facing the stand)
- Shot Put – both divisions to take place in the pits outside the stadium
 - Discus – both divisions to take place together in the cage outside the stadium
 - Long & Triple jump for each division to be held at the same end of the back straight. Division 1 – East, Division 2 - West