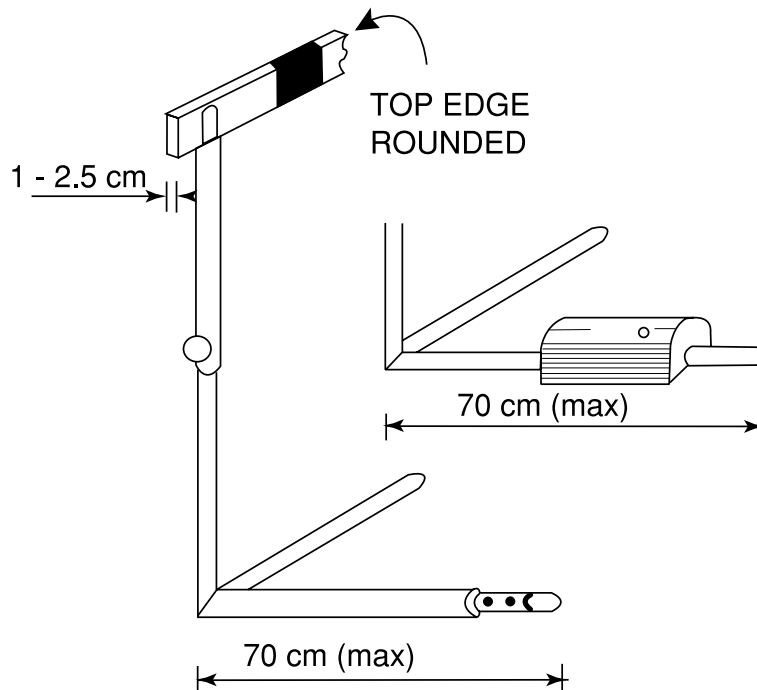
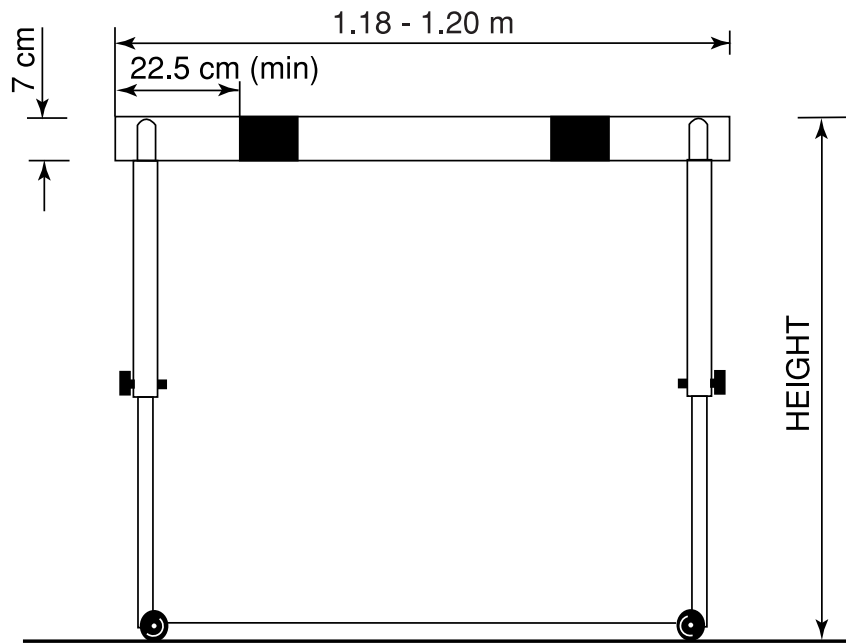
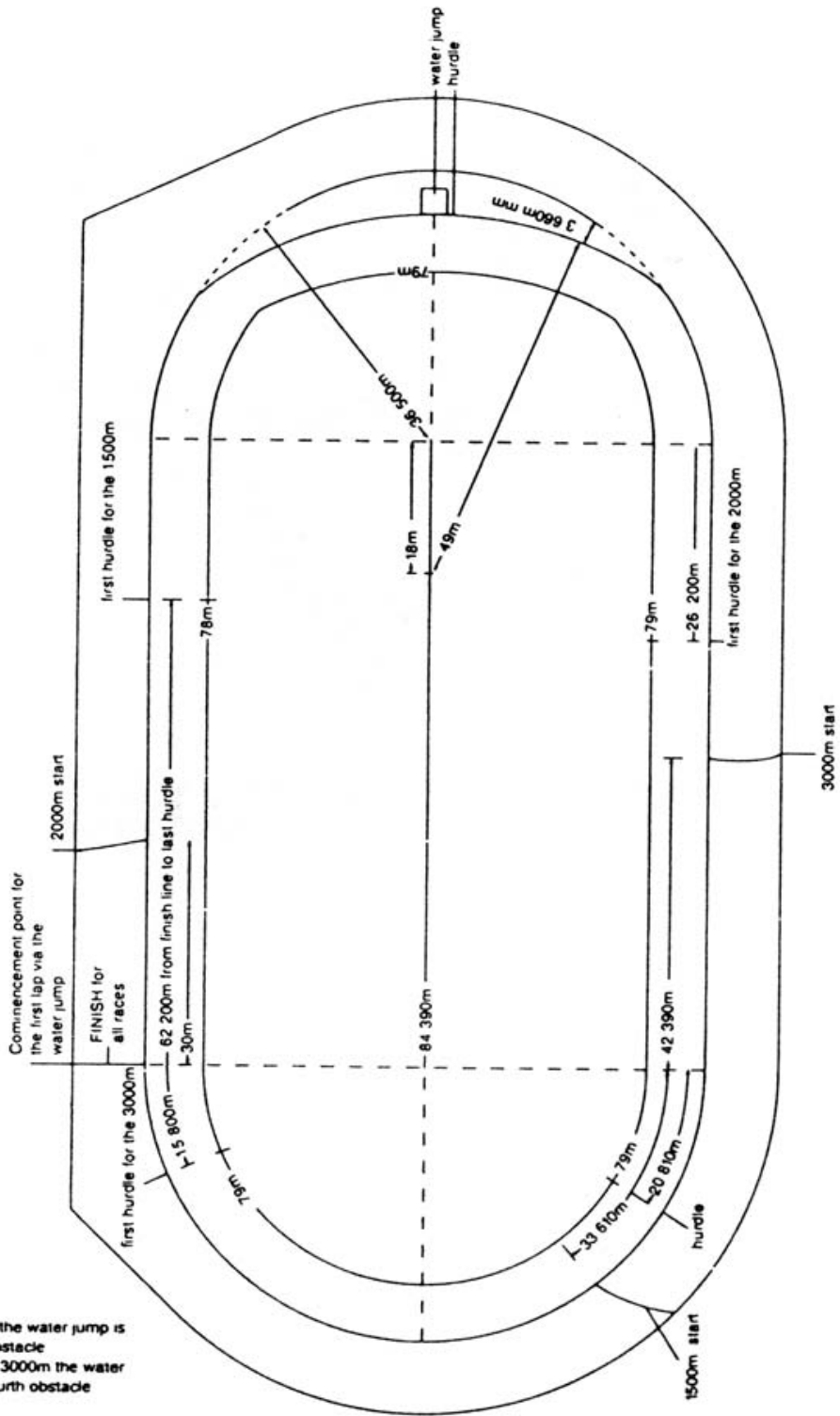




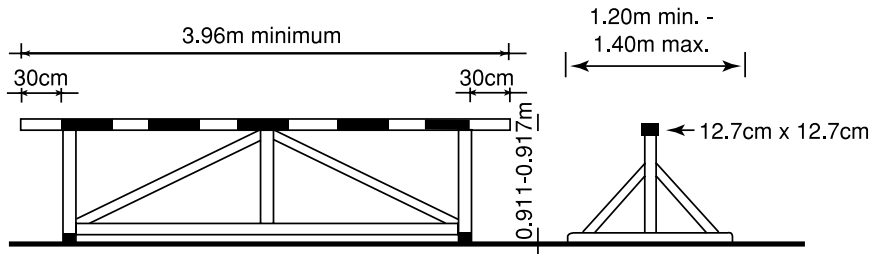
ILLUSTRATIONS

EXAMPLE OF APPROVED HURDLE

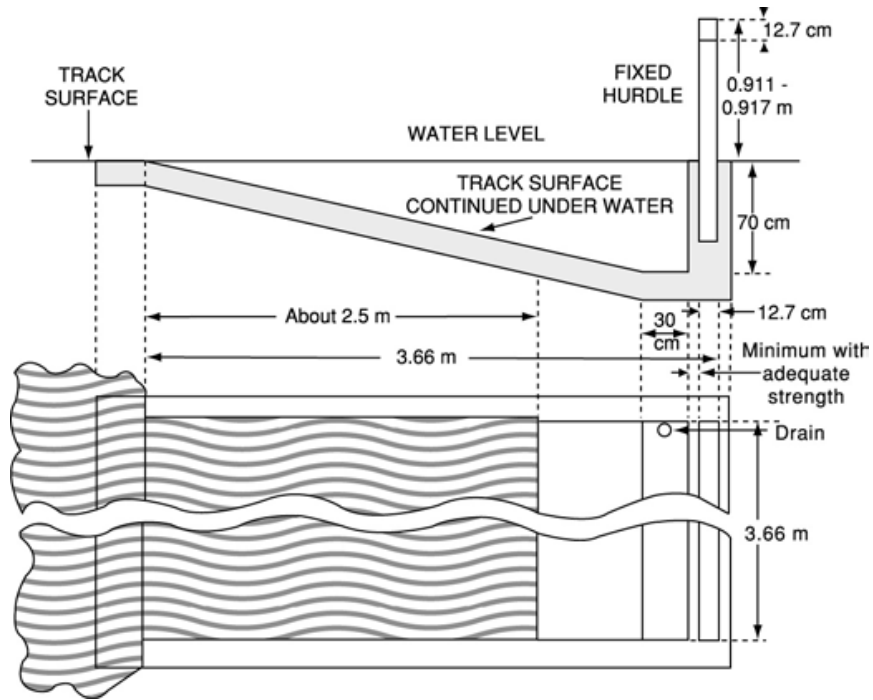




In the 2000m the water jump is the second obstacle
 in the 1500 & 3000m the water jump is the fourth obstacle

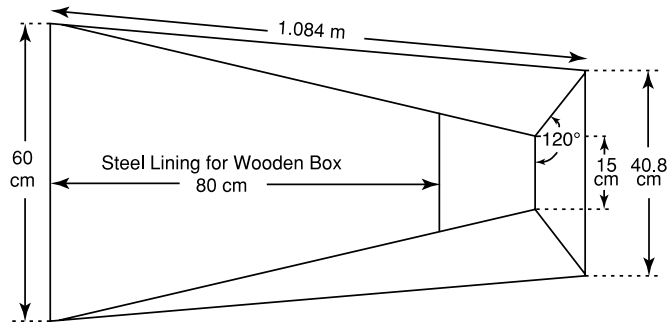


BARRIER

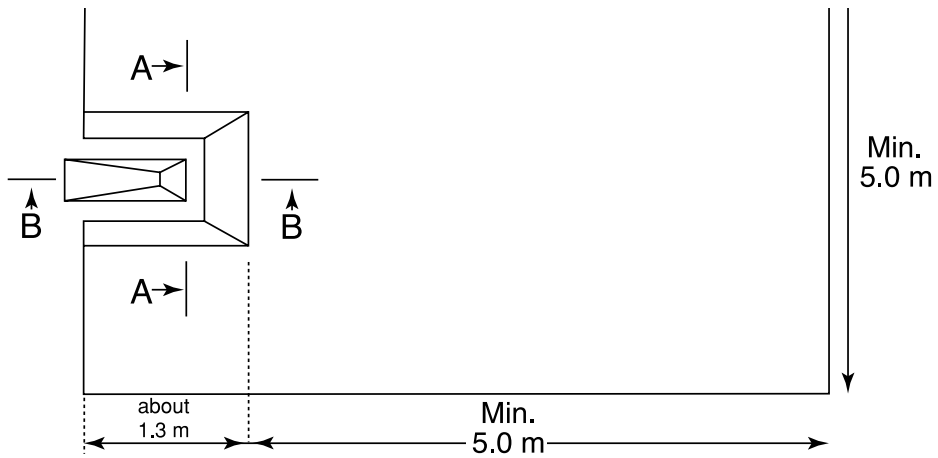
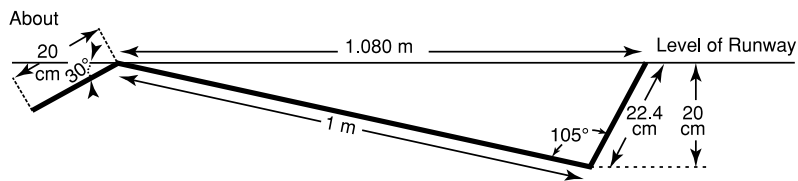


WATER JUMP

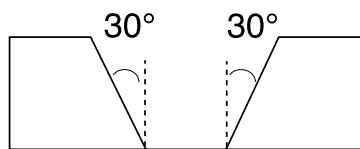
POLE VAULT



PLAN VIEW

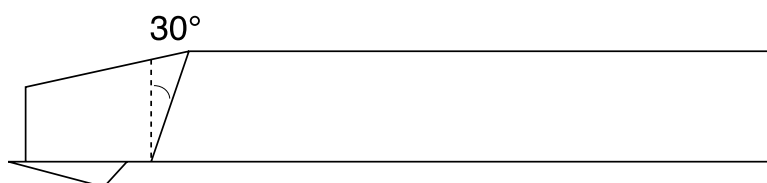


A - A

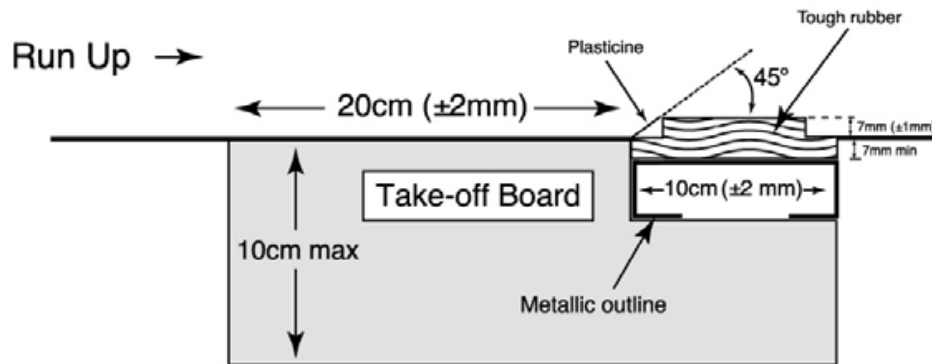
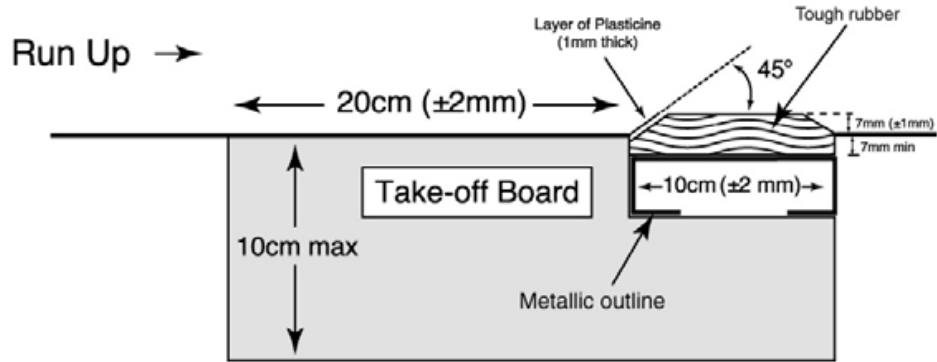


Plan of a Suitable Landing Area

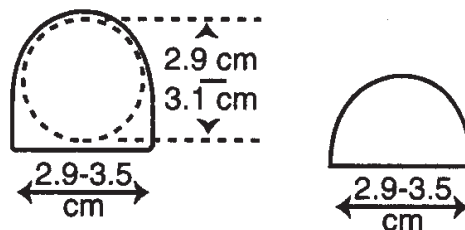
B - B



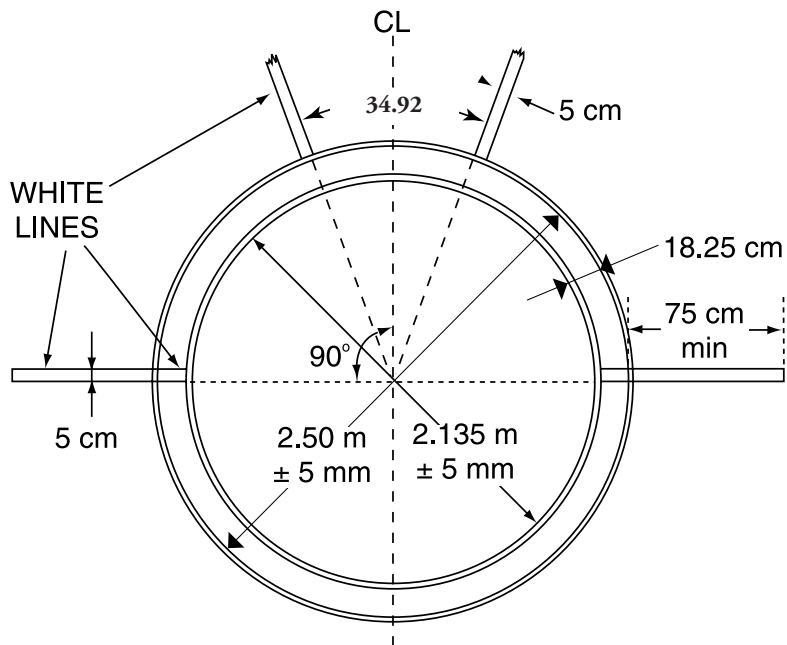
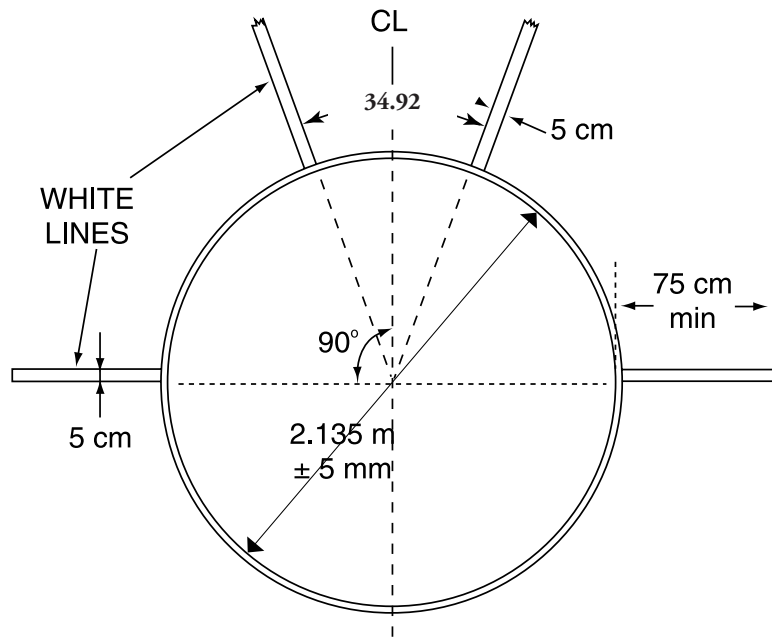
TAKE-OFF BOARD AND PLASTICINE INDICATOR BOARD



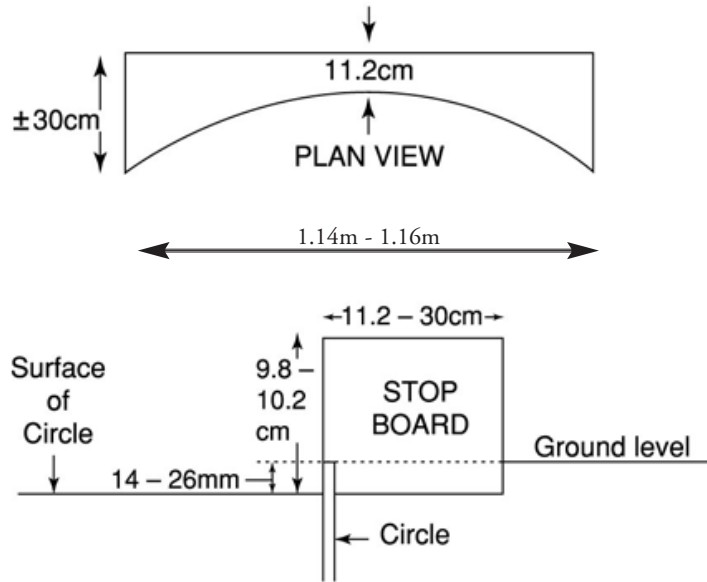
END VIEW OF CROSSBAR



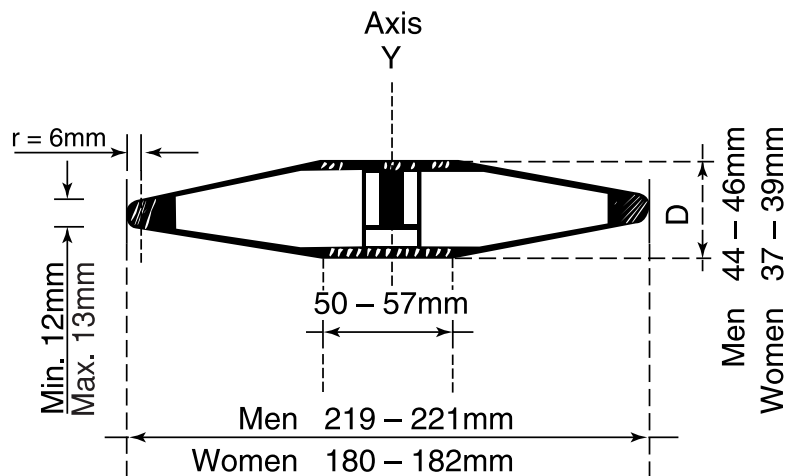
LAYOUT OF CONCENTRIC CIRCLES
FOR DISCUS AND HAMMER

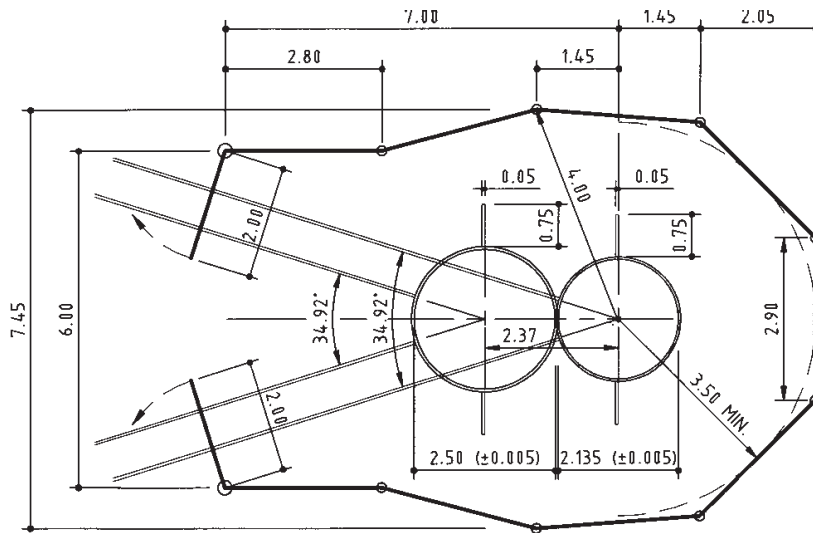
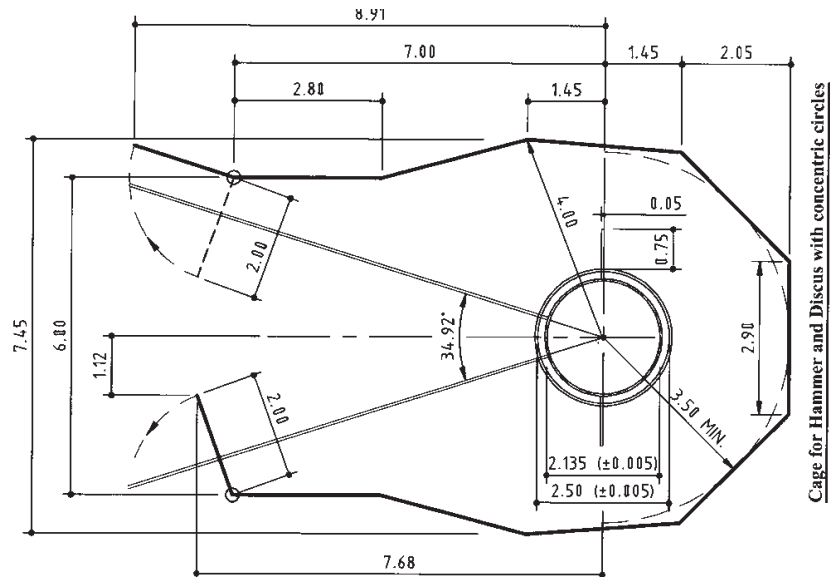


LAYOUT OF SHOT CIRCLE

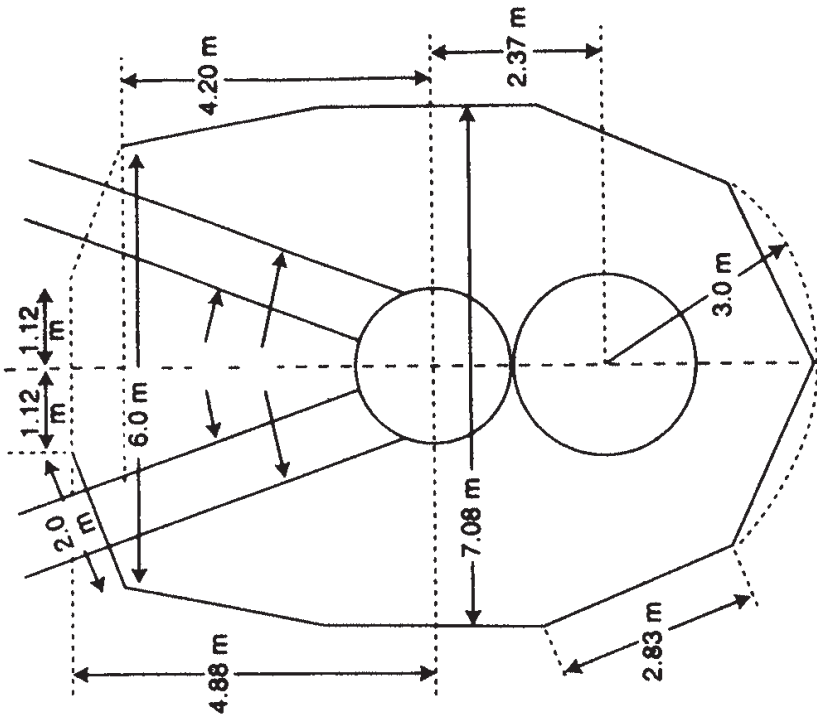


DISCUS

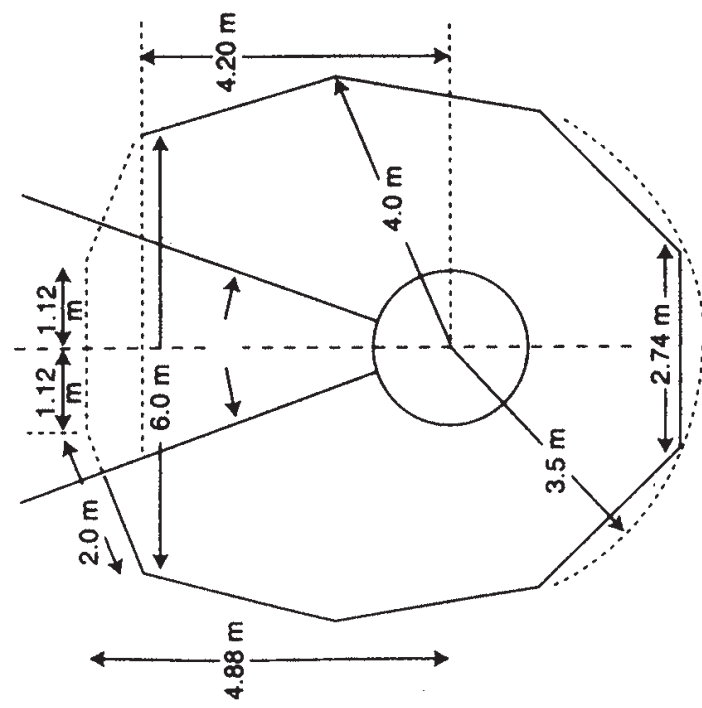




PLANS OF ALTERNATIVE HAMMER CAGES



Cage for Hammer and Discus



Cage for Hammer Only