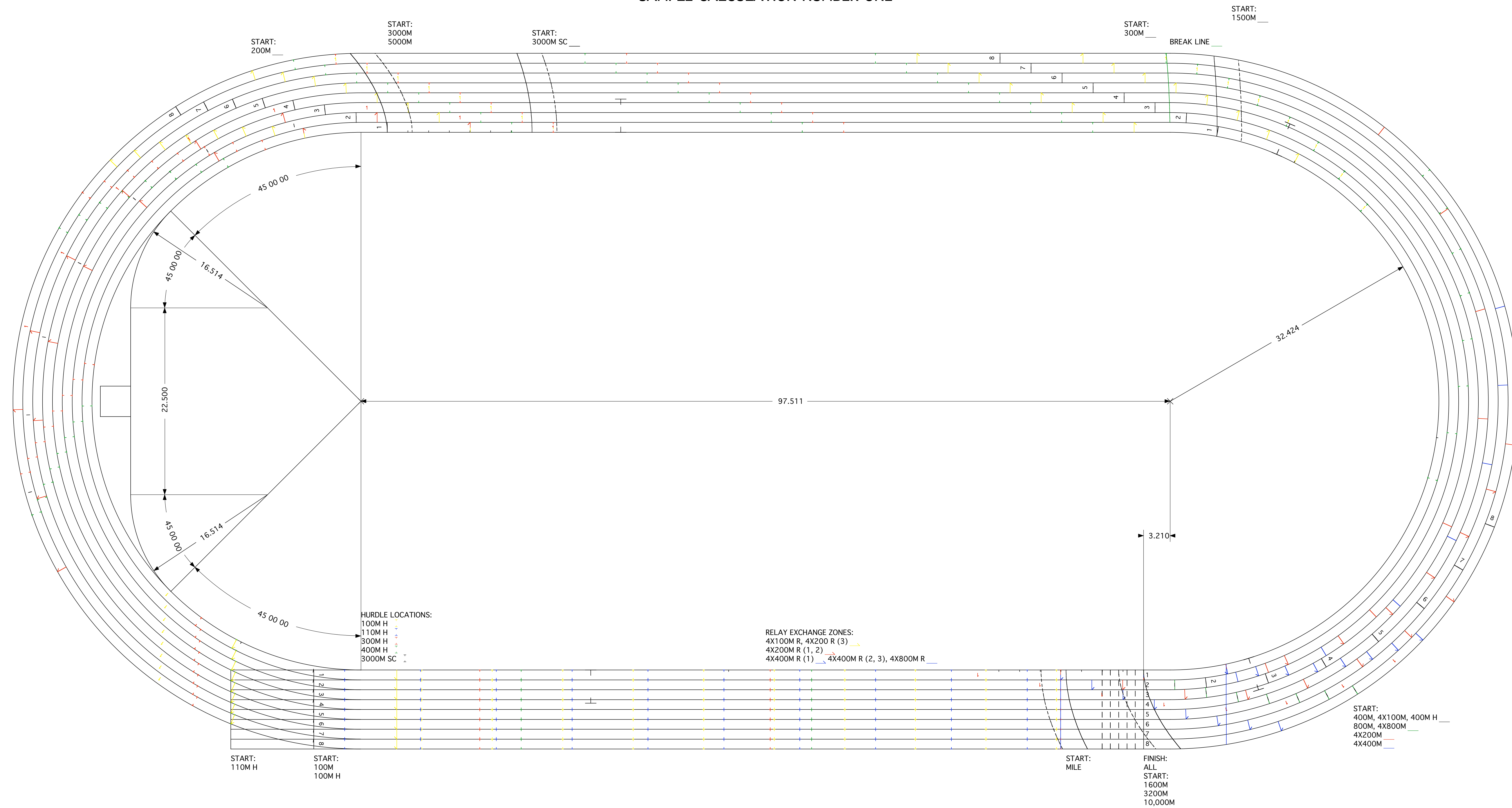


SAMPLE CALCULATION NUMBER ONE



START: 200M
 START: 3000M
 START: 5000M
 START: 3000M SC
 START: 300M
 BREAK LINE
 START: 1500M

HURDLE LOCATIONS:
 100M H
 110M H
 300M H
 400M H
 3000M SC

RELAY EXCHANGE ZONES:
 4X100M R, 4X200 R (3)
 4X200M R (1, 2)
 4X400M R (1) → 4X400M R (2, 3), 4X800M R

START: 110M H
 START: 100M H
 START: 100M H
 START: MILE
 FINISH: ALL
 START: 1600M
 3200M
 10,000M

START:
 400M, 4X100M, 400M H
 800M, 4X800M
 4X200M
 4X400M

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 SCALE: 1 CM = 2 M