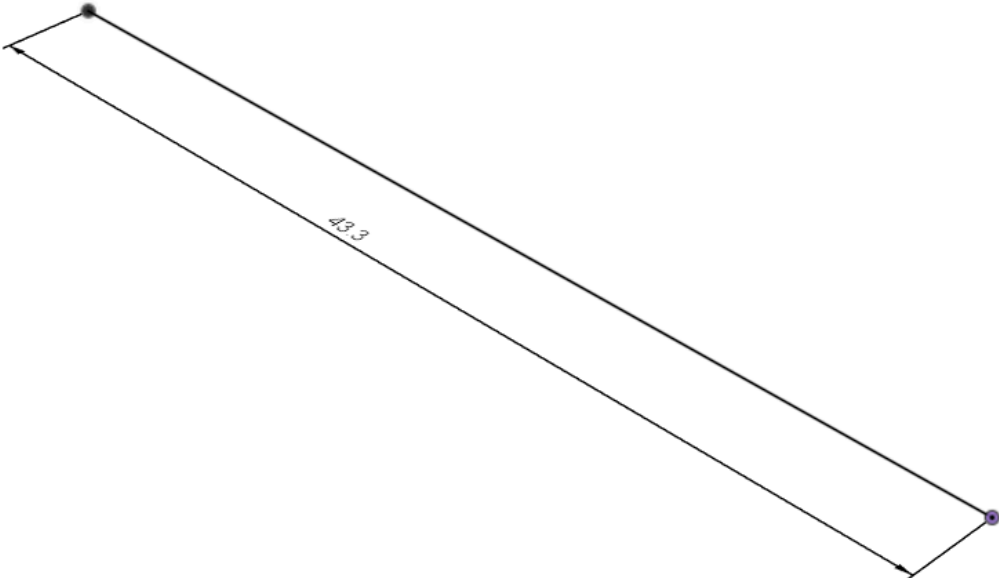


Required Tools: Rebar, 100m tape measure, 50m Tape measure, hammer, a buddy

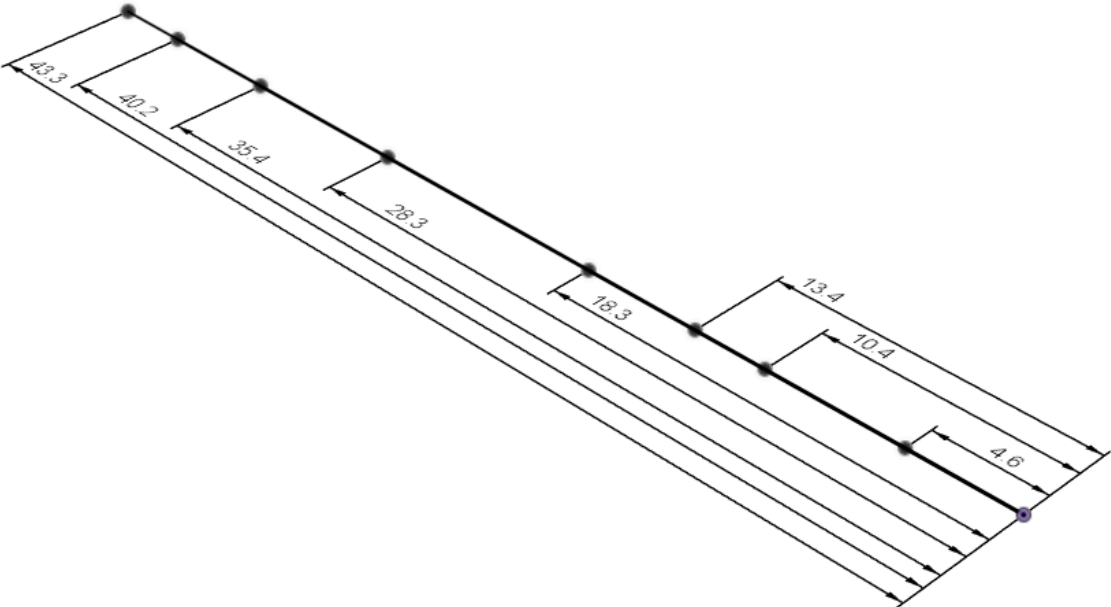
Step 1

Pound a rebar or place holder for your origin, or 0,0 mark.
Extend the tape measure as straight as you can for 43.3m and lay on the ground.



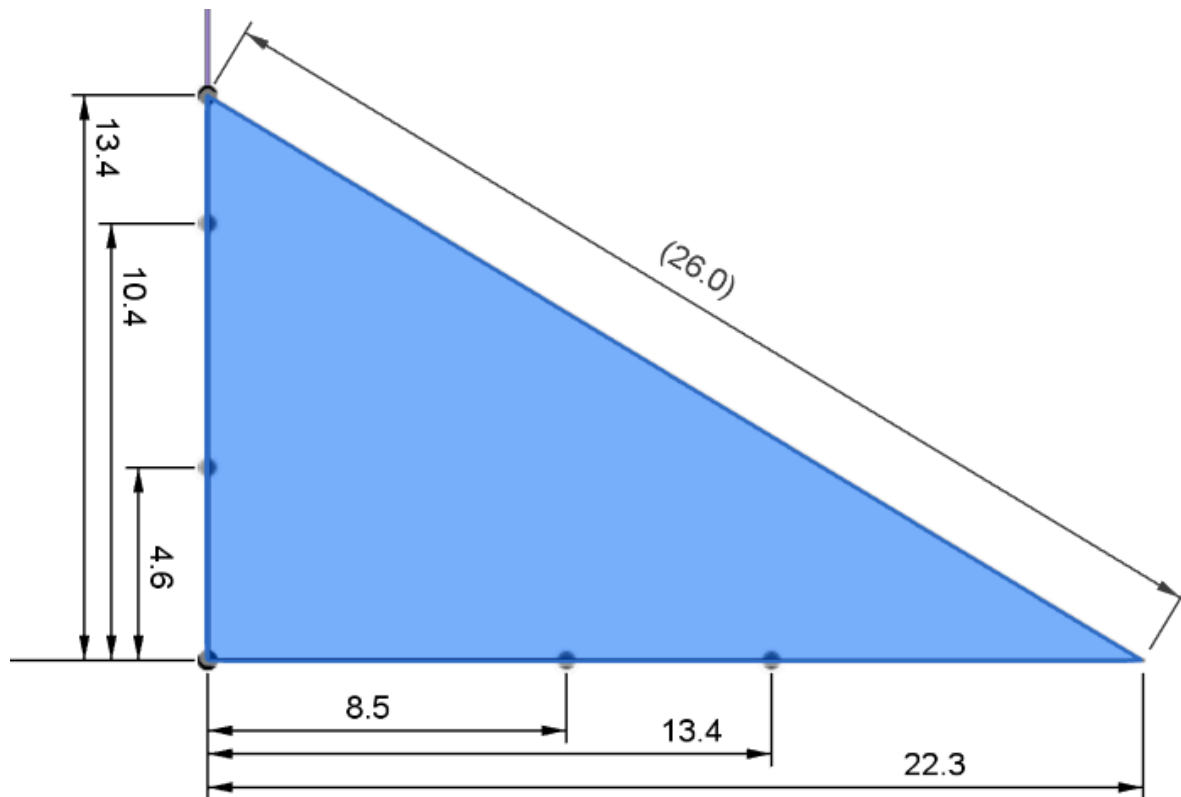
Step 2

Place a marker at the following locations along this tape measure.
4.6, 10.4, 13.4, 18.3, 26.3, 35.4, 40.2

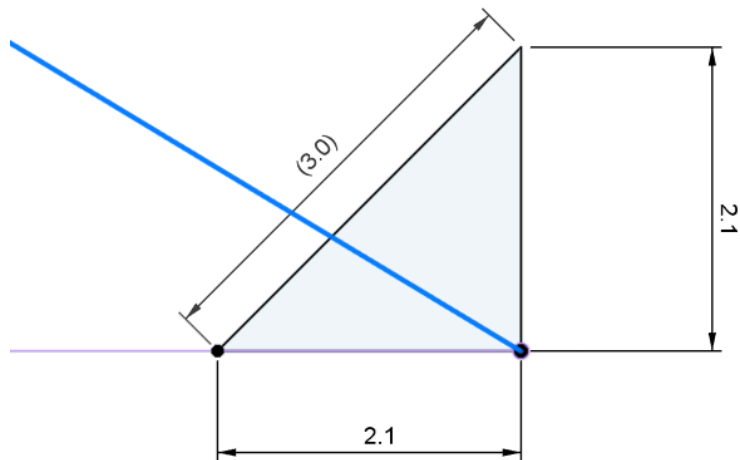


Step 3

Go to the 13.4m mark and extend the tape measure out 26m. Extend another tape measure from the origin 22.3m. Pound a rebar for a gate. Also place markers at 13.4m and 8.5m.

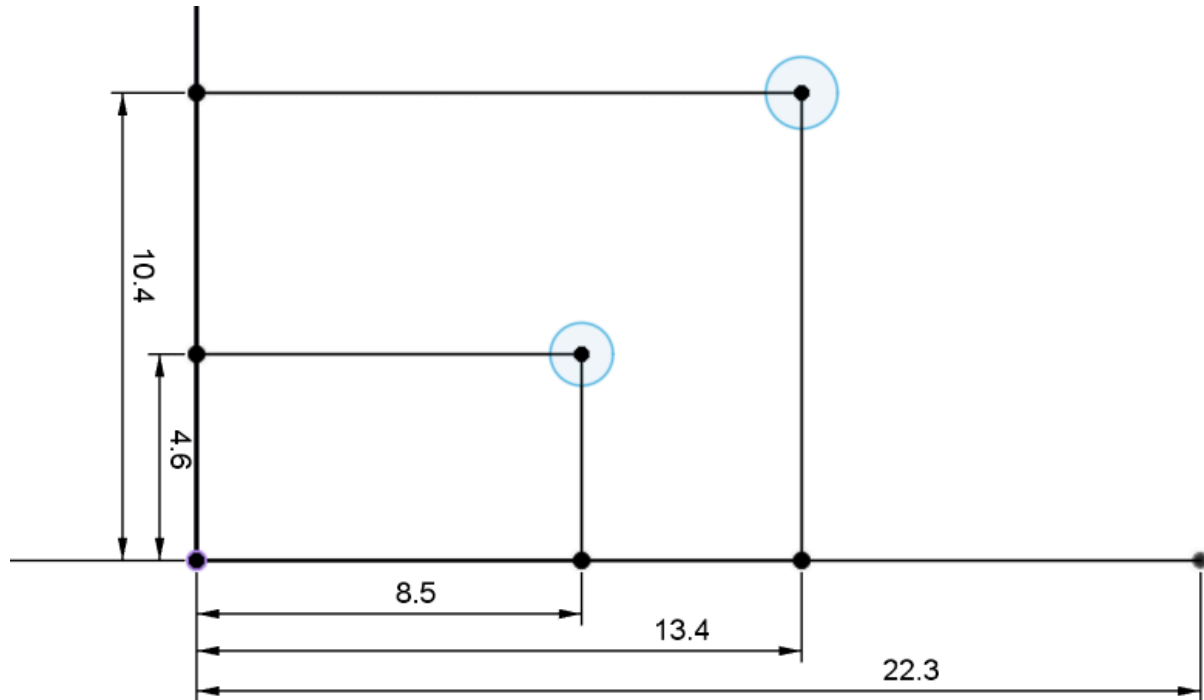


To square this gate we are going to make a quick little right triangle. At the 22.3m mark go up 2.1m for the width of the gate. Then from (22.3-2.1) 20.2m mark on the tape, go 3m to meet the 2.1m tape. Where the 3m meets the 2.1m tape pound another gate rebar. This gate is now square.



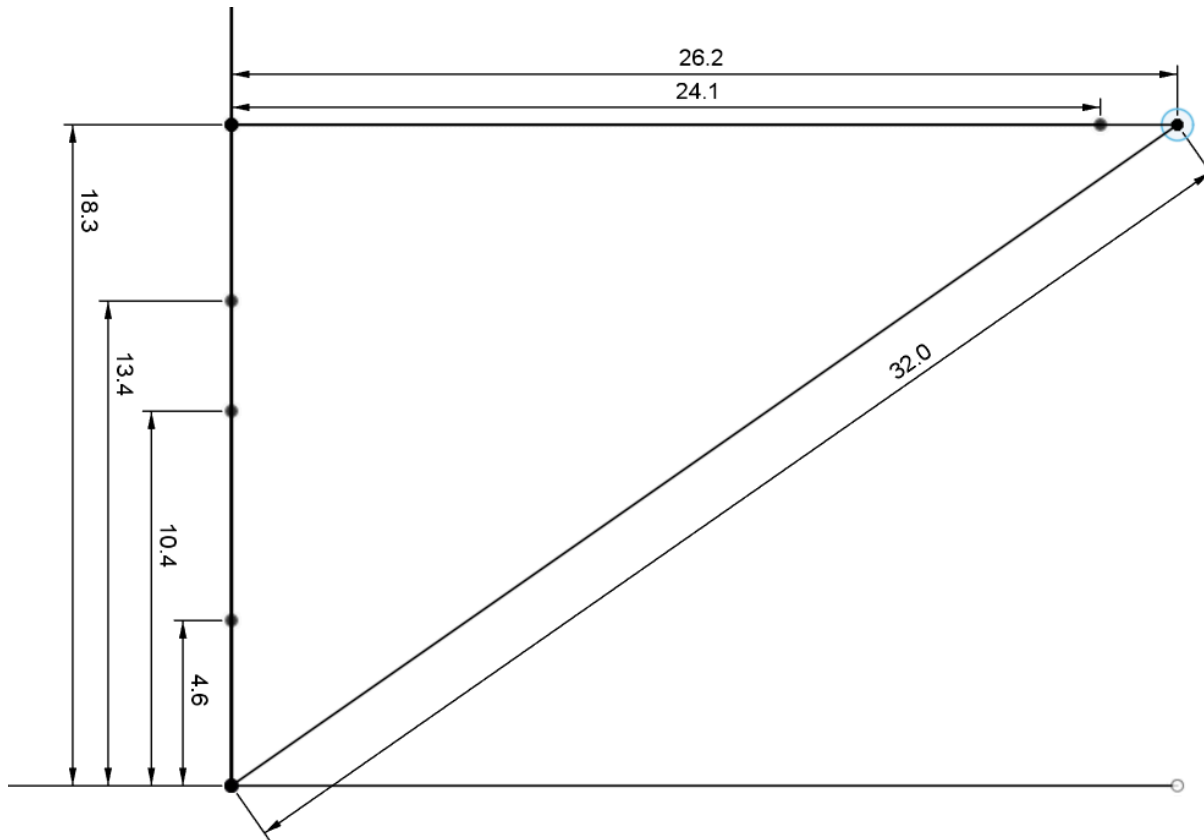
Step 4

Here you are going to place the 2 flags before the finish. Take one tape measure to the 8.5m mark on the ground and go up 4.6m. Then take another tape measure from the 4.6m mark on the perpendicular tape and go out to meet 8.5m tape. Repeat this for the second flag on the 10.4m mark. From the 13.4m mark go up 10.4m, then from the 10.4m mark go out 13.4m. Place a flag holder where each intersects.



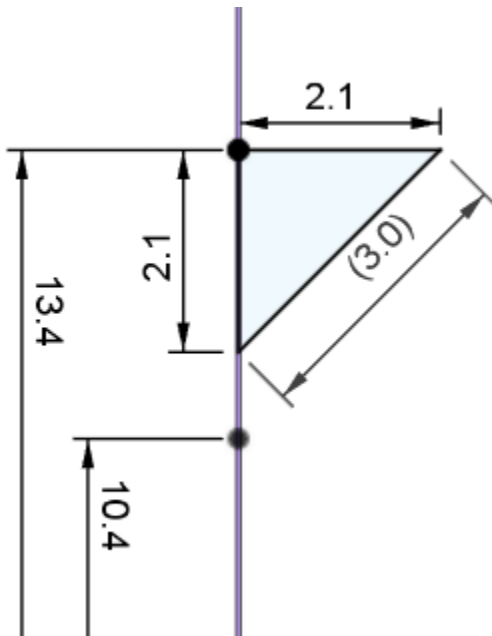
Step 5

Go to the 18.3m mark, extend a measure 26.2m across the field. Take another tape measure and start from the origin and walk toward the 26.2m tape measure for 32m. Place a rebar for a gate where you get these two tapes to touch, and on the 24.1m mark for the gate legs.



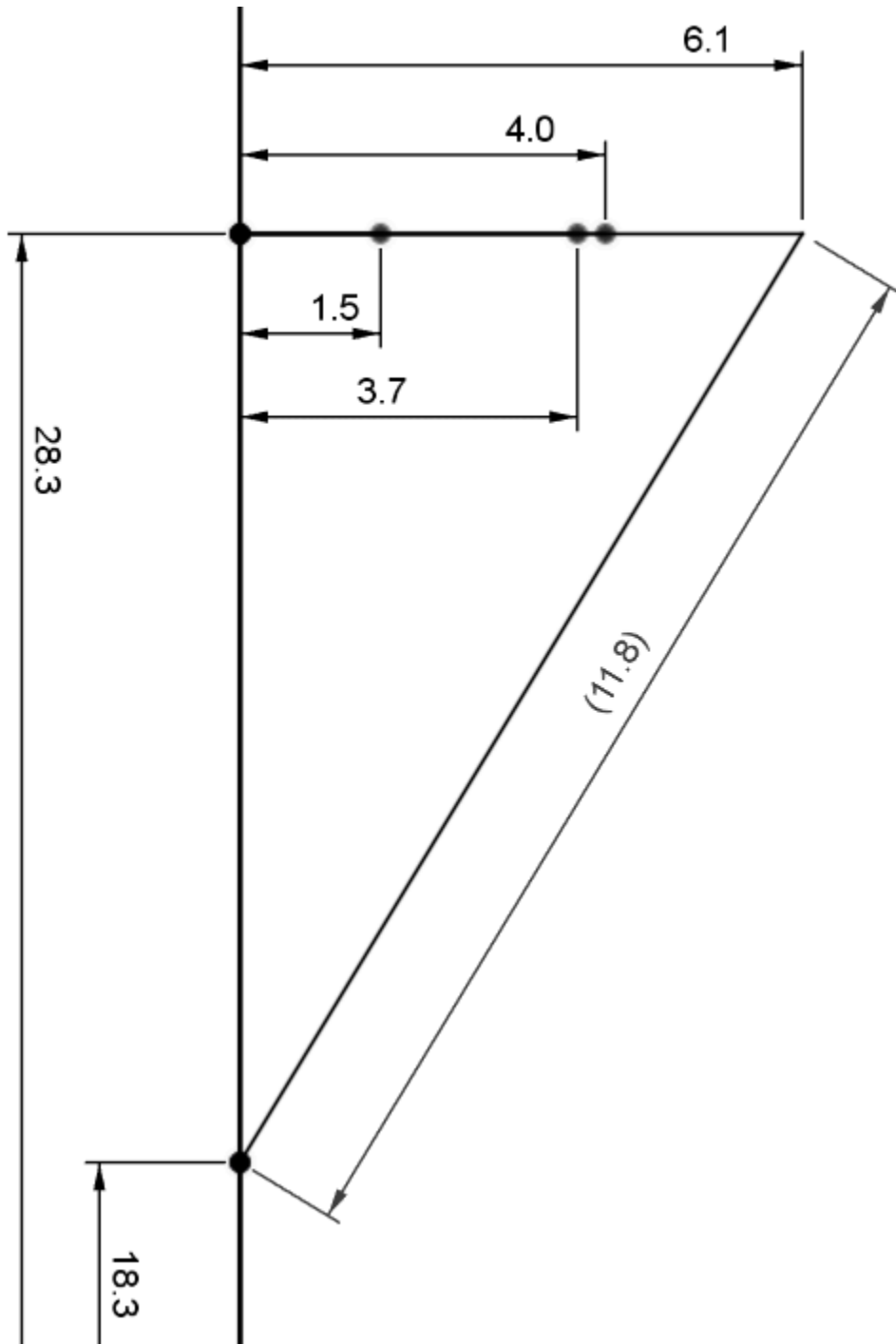
Step 6 Start Finish

Pound a rebar in at the 13.4m mark. Then make another simple right triangle and where the tapes meet pound your other leg. To do this walk out from the 13.4m mark 2.1m. Then from (13.4-2.1) 11.3m walk out 3m. Where these 2 tapes meet is the other leg of the gate.

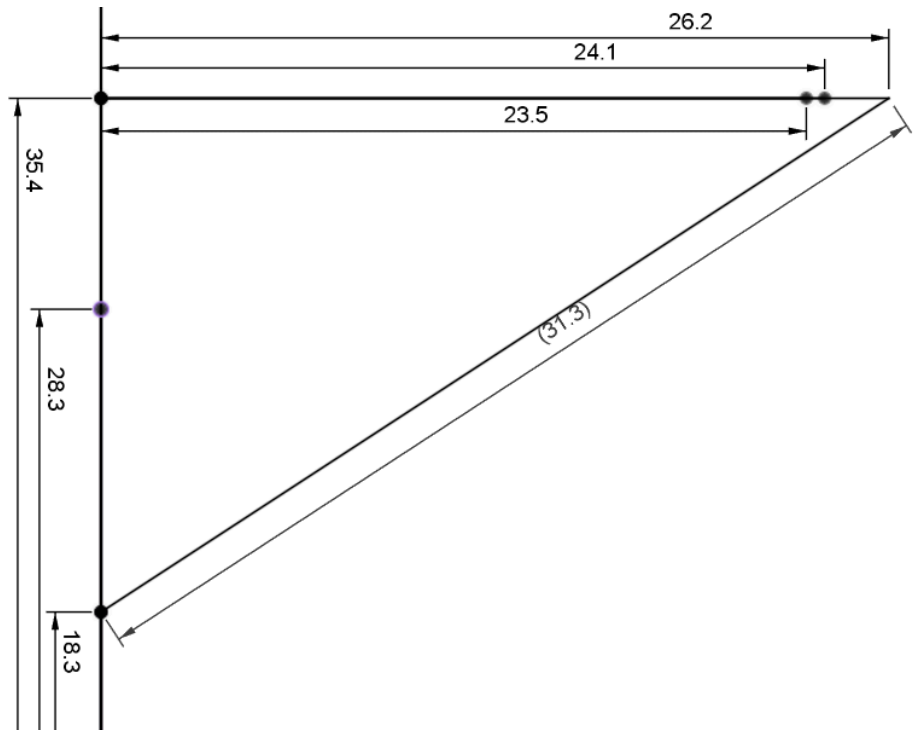


Step 7

Anchor the tape on the 18.3m mark and walk out 11.8m. From the 28.3m marker walk out 6.1m. Where these 2 meet, pound a gate rebar. Now on the 6.1m tape, pound a rebar at 1.5m, 3.7m, and 4m for the 2 gates.

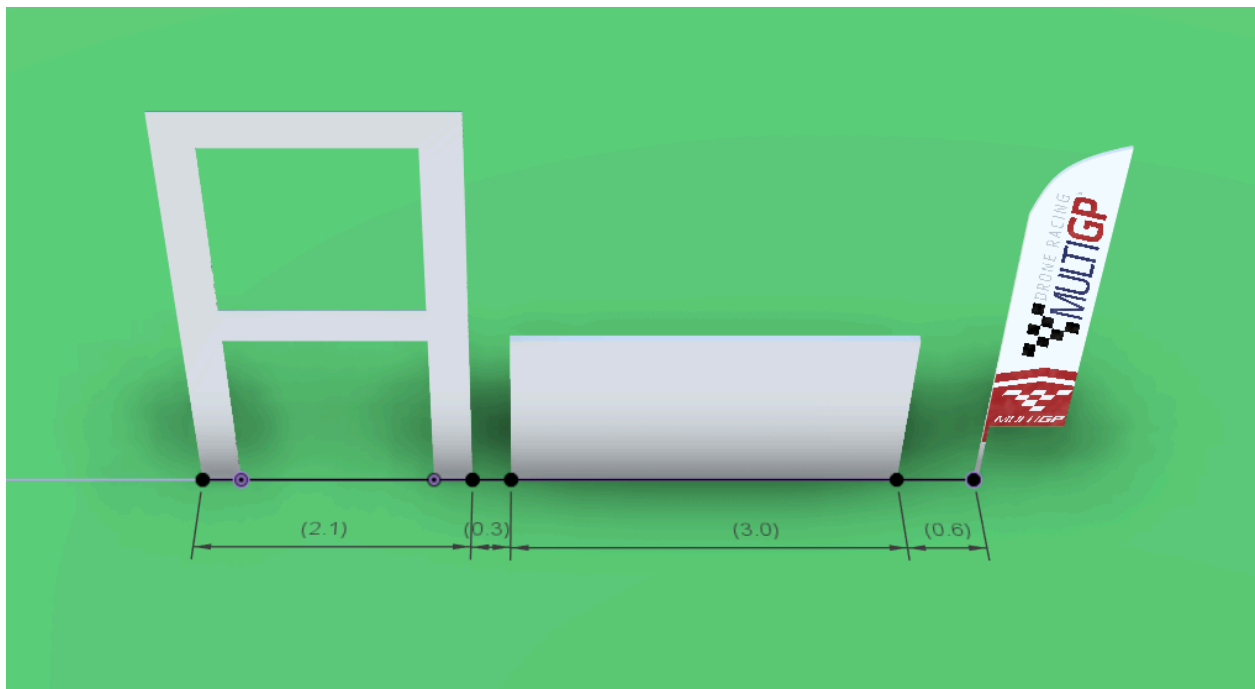
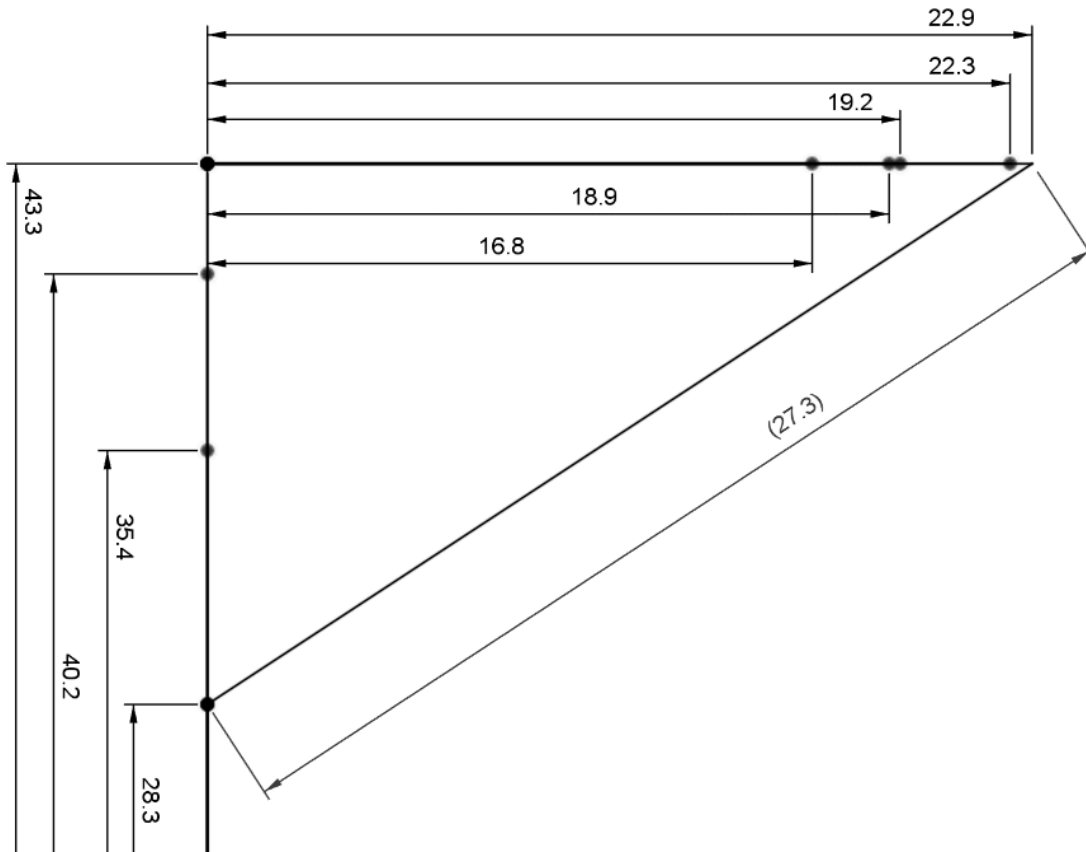


Now go back to the 18.3m marker and walk out 31.3m. From the 35.4m marker walk out 26.2m. Where these two tapes meet pound a gate rebar. Also pound a gate rebar at 24.1m. At the 23.5m mark, pound a flag stake. **This MUST be a stand alone flag, not on a flag on a gate!**



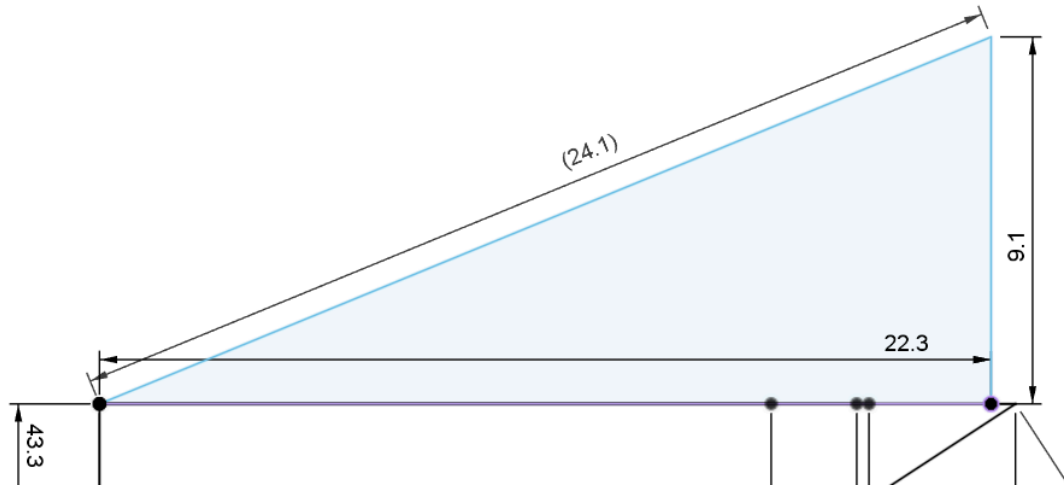
Step 8

Go to the 28.3m mark. Walk out 27.3m. Take another tape from 43.3m marker and walk out 22.9m. Pound a flag stake where the 2 tapes meet. **This is a flag and must be a stand alone flag, not on the hurdle.** On this line place rebar for the hurdle rebar at 19.2m and 22.3m. Then place rebar for the double gate at 16.8m and 18.9m.



This flag MUST be a standalone flag.

From the 22.3m mark at the end of the hurdle, walk up 9.1m. With another tape measure walk from the 43.3m mark out 24.1m. This is the right leg of the single gate. Place gate rebar. To square the gate, move the 9.1m tape the width of the gate with the other end of the tape anchored on the line with the hurdle.



Step 9

This is another small right triangle to get the gate square. Go to the 40.2m marker. Walk out 3m. Then from (40.2-2.3) 37.9m walk towards the other tape 3.8m. Where these meet pound a gate rebar. Then pound another at 0.9m on that line for the other leg.

