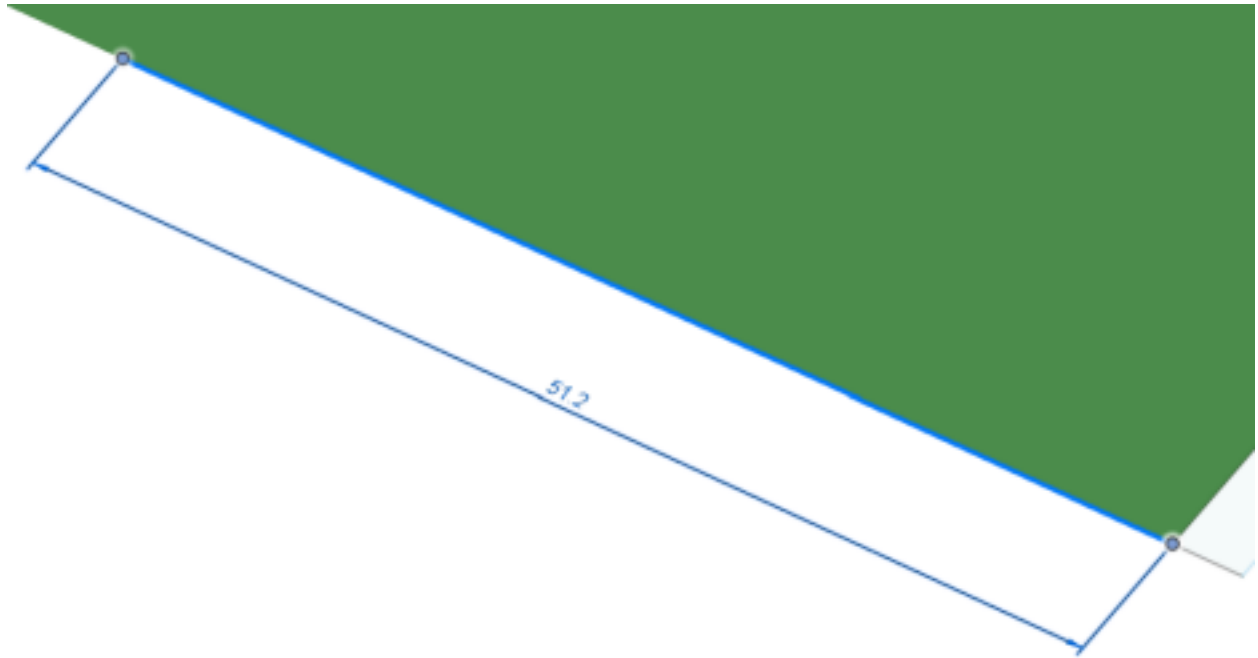


Required Tools: Rebar, long M and Shorter m Tape measure, hammer, a buddy Notes: All the flags next to gates have the option of being stand alone feather flags OR flags on the end of a gate. The start blocks can be placed anywhere you deem safe for your field. A suggestion would be by the 4 gates.

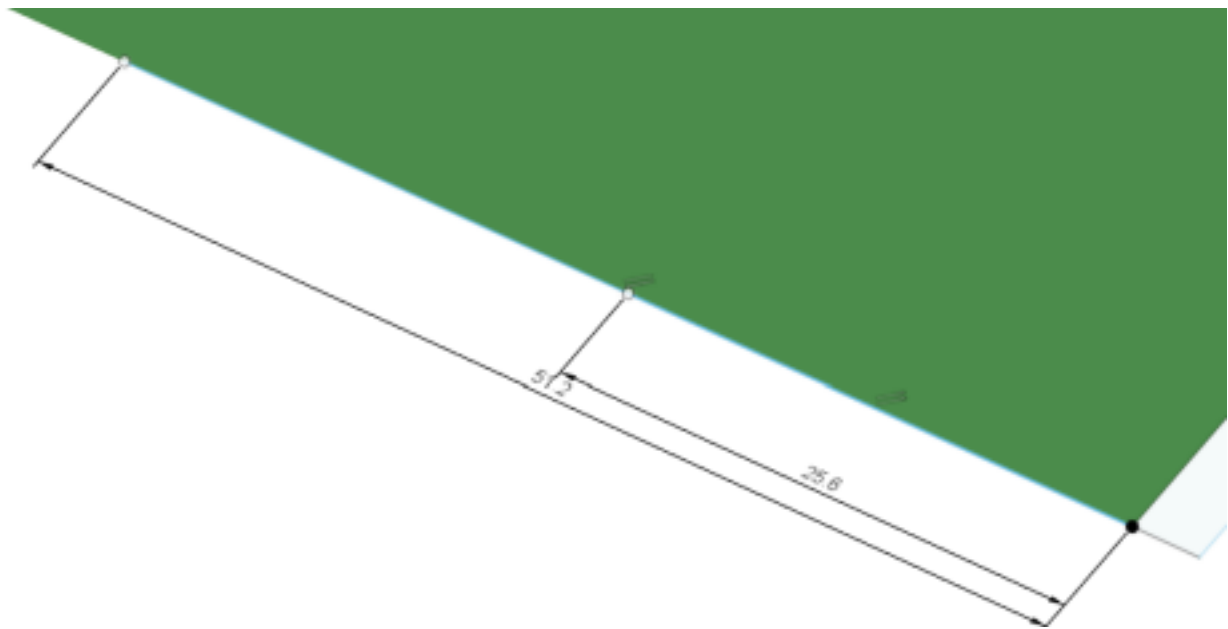
Step 1:

Pound a rebar or place holder for your origin, or 0,0 mark. Extend the tape measure as straight as you can for 51.2 m. Place a marker at the 51.2m mark.



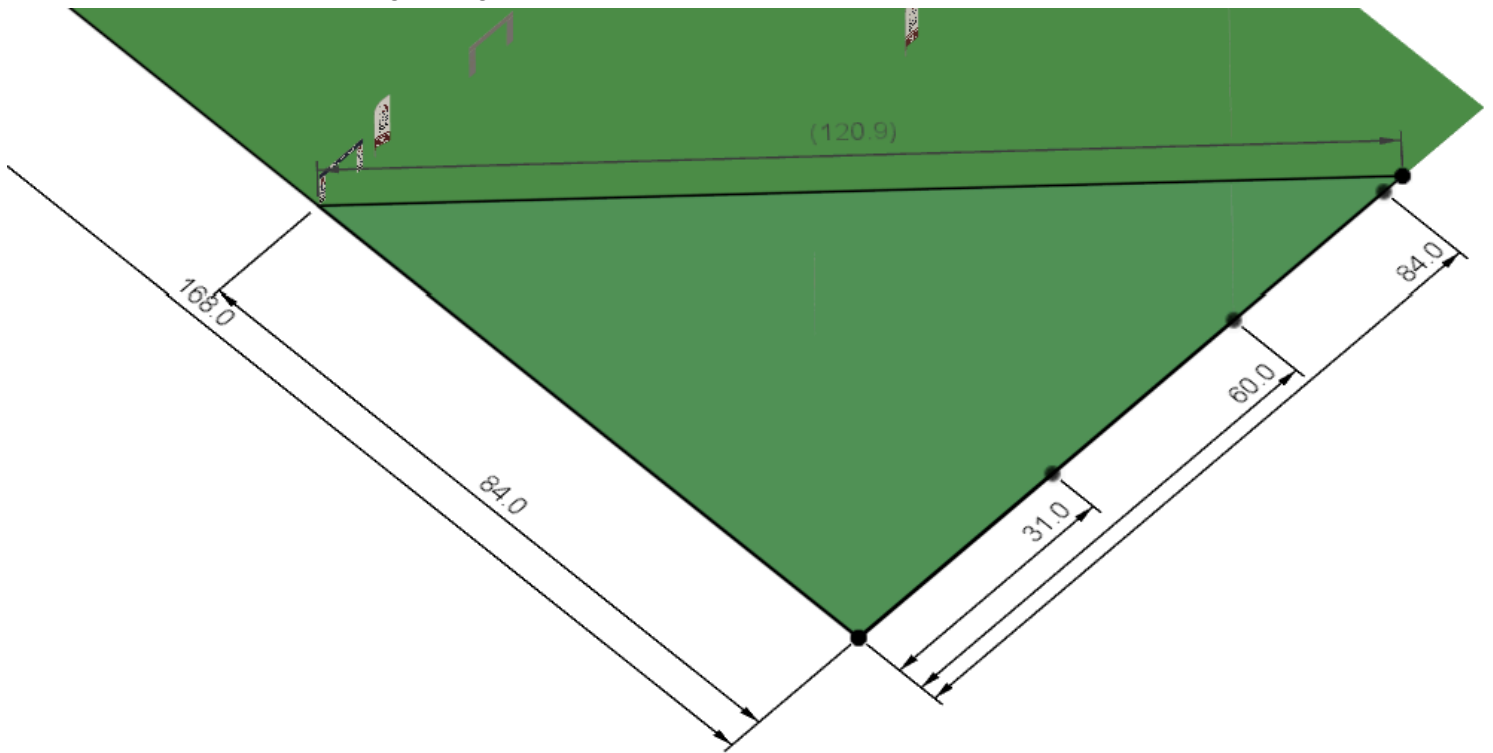
Step 2

Place a gate leg rebar at the 25.6m mark along this tape measure.



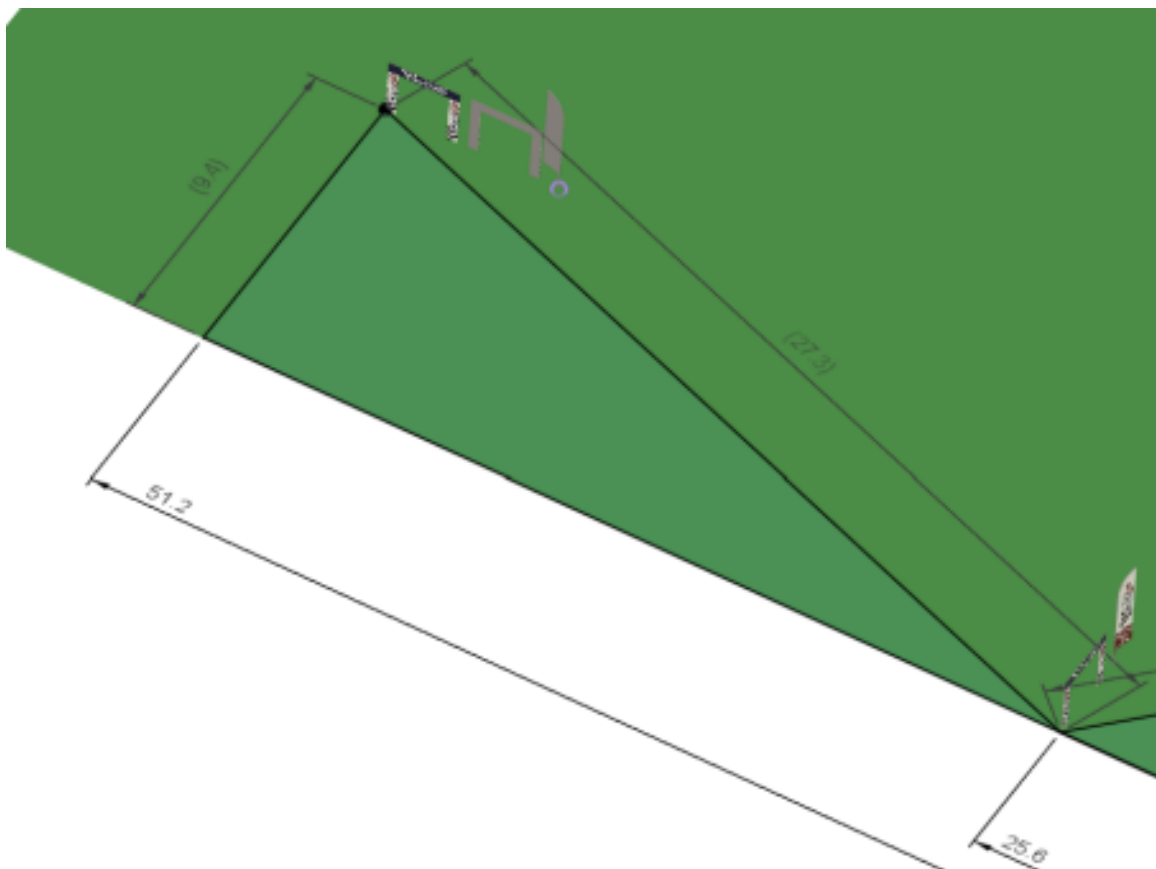
Step 3

Now we will square the track. From the 25.6m rebar walk out 36.9m. Then with the other tape measure, go to your zero and walk out 26.5m. Where these 2 meet place a marker. Also place a marker at 9.4m, a gate leg rebar at 18.3m, and a marker at 25.6m.

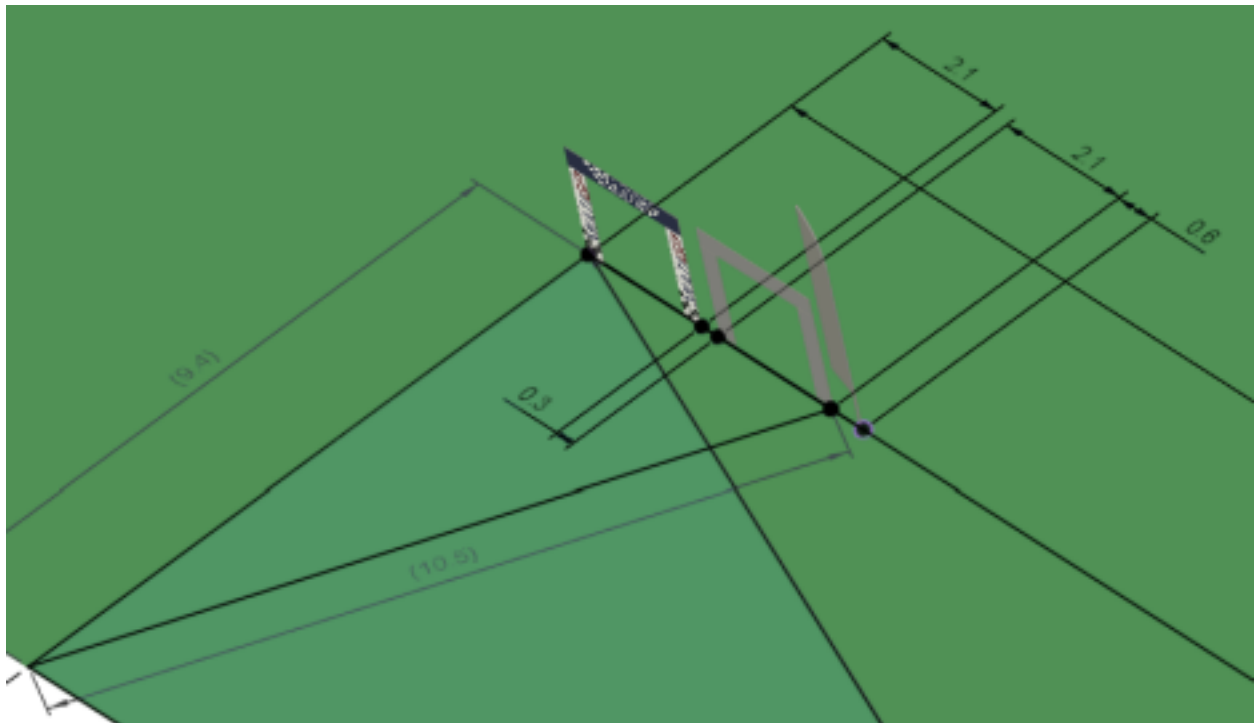


Step 4

We are now going to get the location for the 2 gates and flag. Take one tape measure and go to the 25.6m gate rebar and walk out 27.3m. Then with the other tape measure walk up 9.4m from the 51.2m mark. Where these 2 meet place a gate rebar.



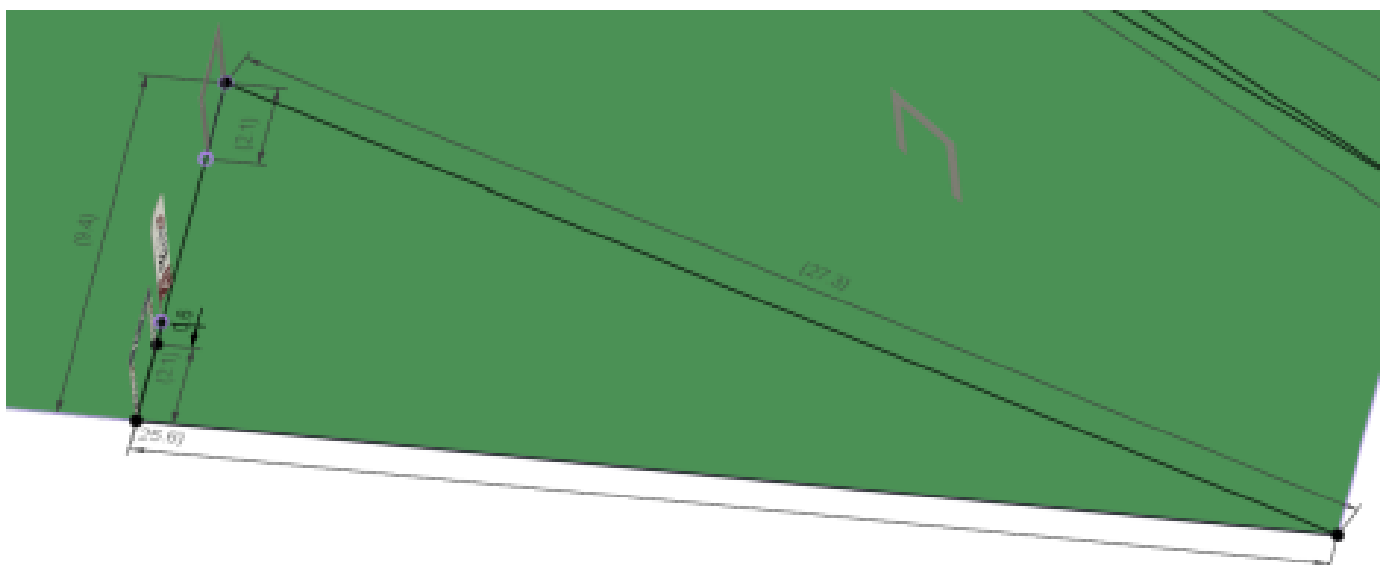
Step 5



From the gate rebar you just placed, measure out 4.5m. Then from the 51.2 mark walk out 10.5m. Where these 2 meet, gate rebar. Along this line you can now place your 2 gates, 1 with a leg at each of the rebar we just measured. If you are going to use a feather flag, place it 0.6m feet from the gate. You can also use a Flag on the gate for this obstacle.

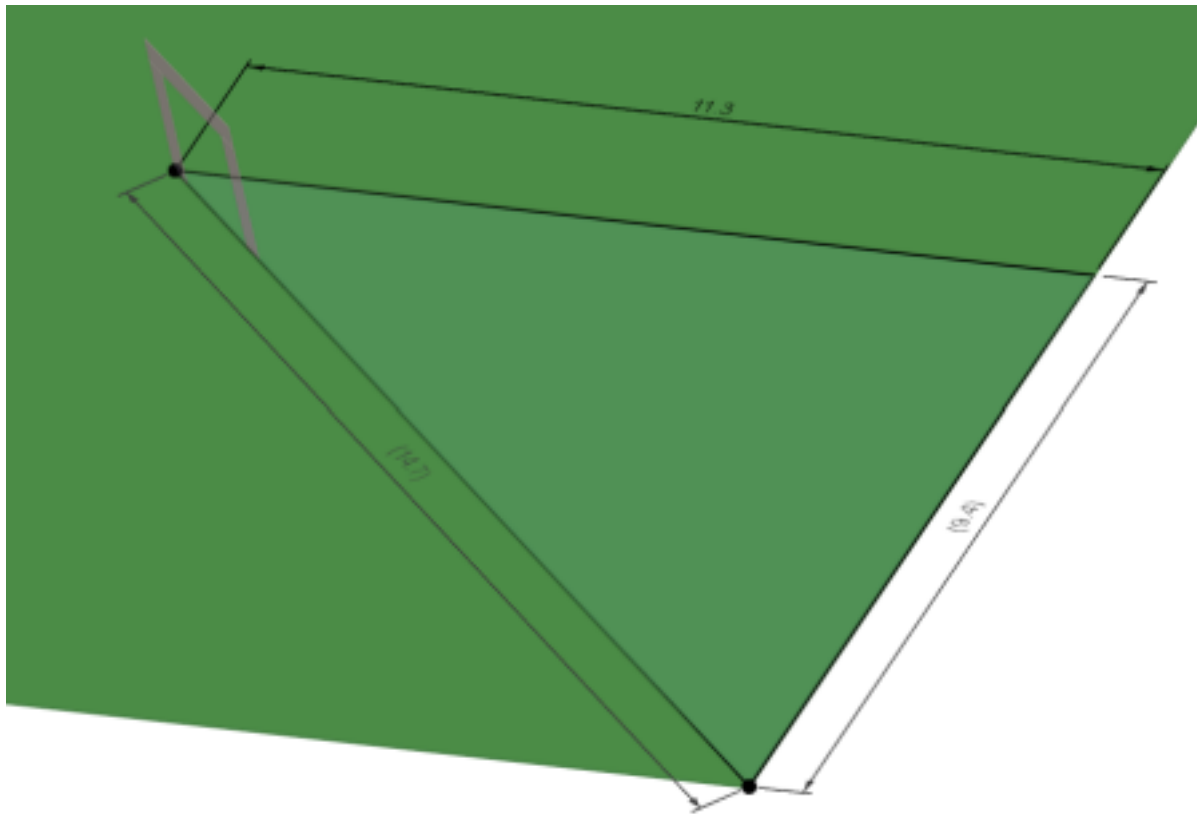
Step 6

From the zero mark walk out 27.3m and from the 25.6m mark walk up 9.4m. Where these meet, gate rebar. Then place a gate rebar at 7.3m, and 2.1m. If you are going to use a feather flag, then place a gate spike at 2.7m. You may also use a flag on the edge of the gate here as well.



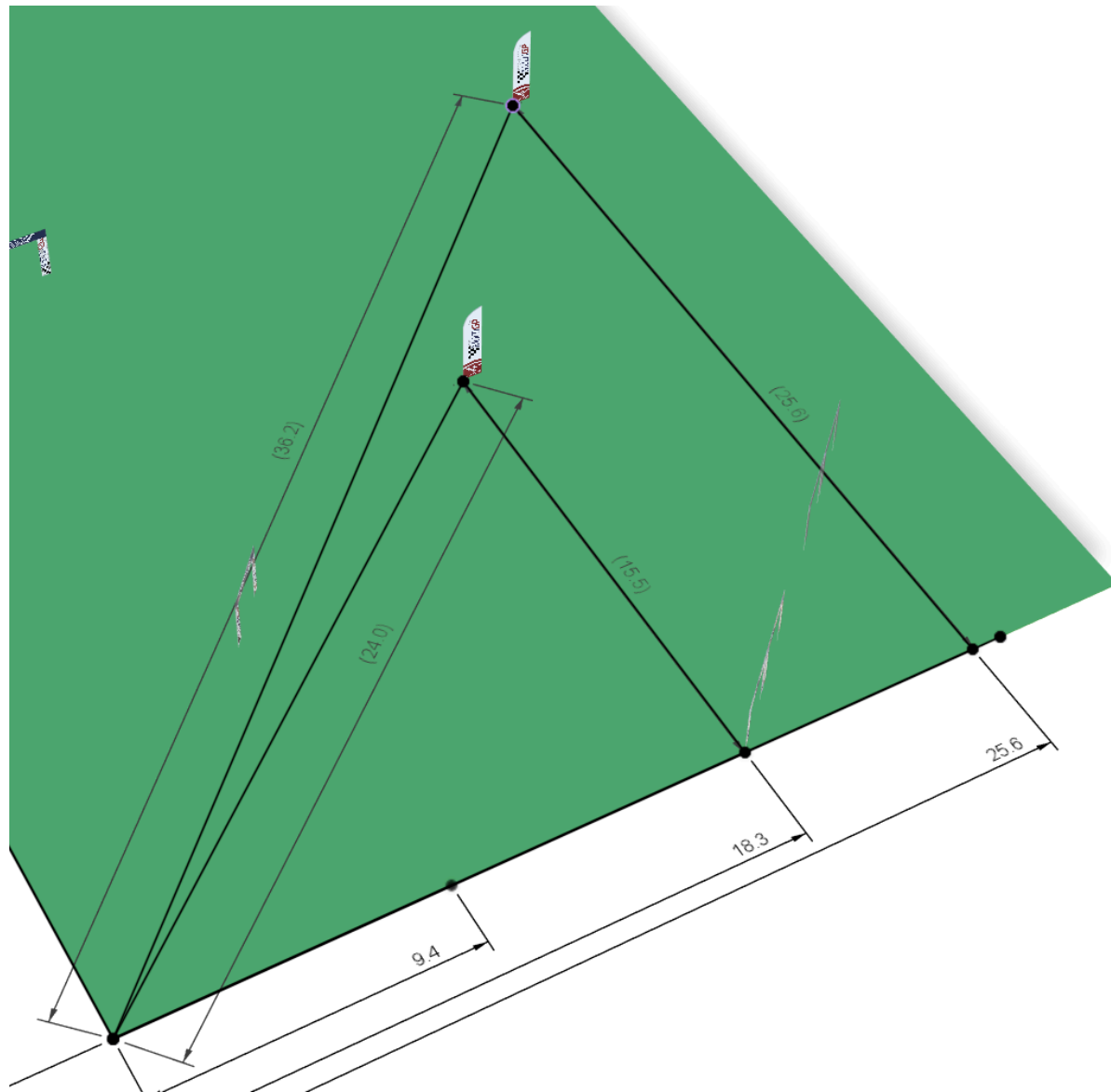
Step 7

Now take your long tape measure and go back to the 0 mark. Walk out 14.7m. Then from the 9.4m mark walk out 11.3m. Where these 2 meet, gate rebar. On the 14.7m line, also place a gate rebar at 12.6m.



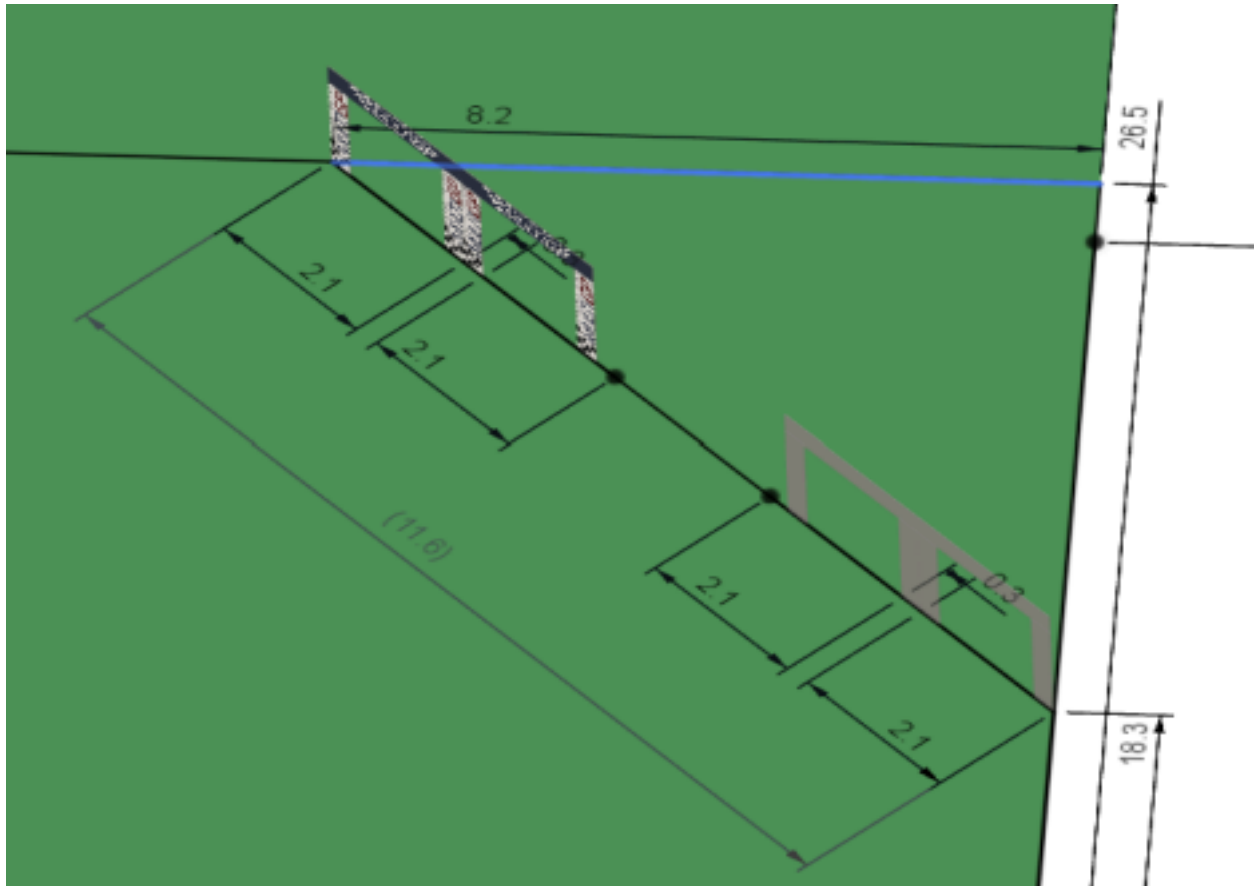
Step 8

Now we are going to place the 2 flags. From the zero walk out 24.0 m and then from the 18.3m mark walk up 15.5m. Place a flag spike. For the next flag walk out 36.2m from the zero and walk up 25.6m from the 25.6m mark. Place another flag spike.



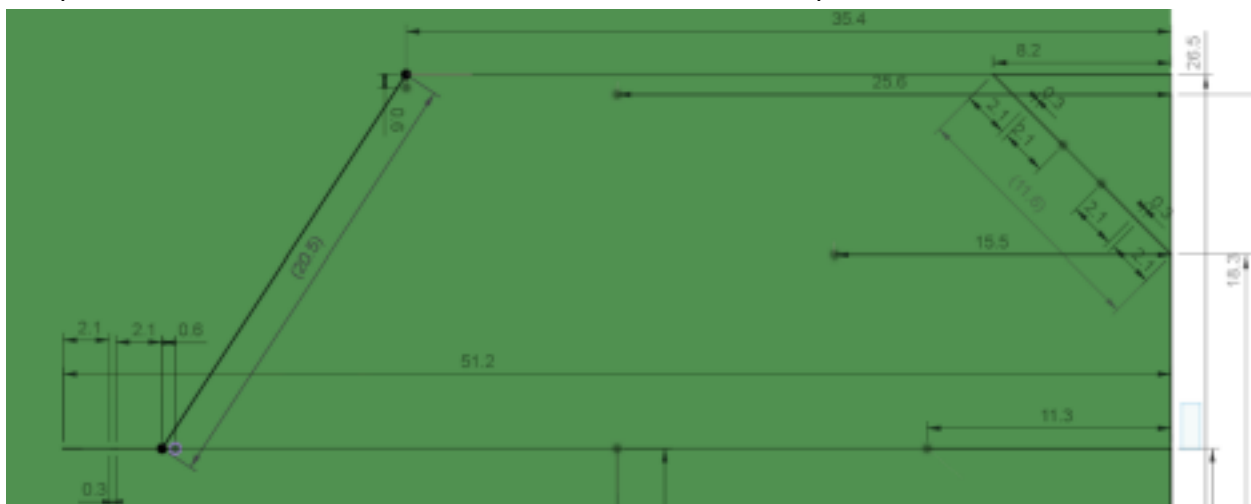
Step 9

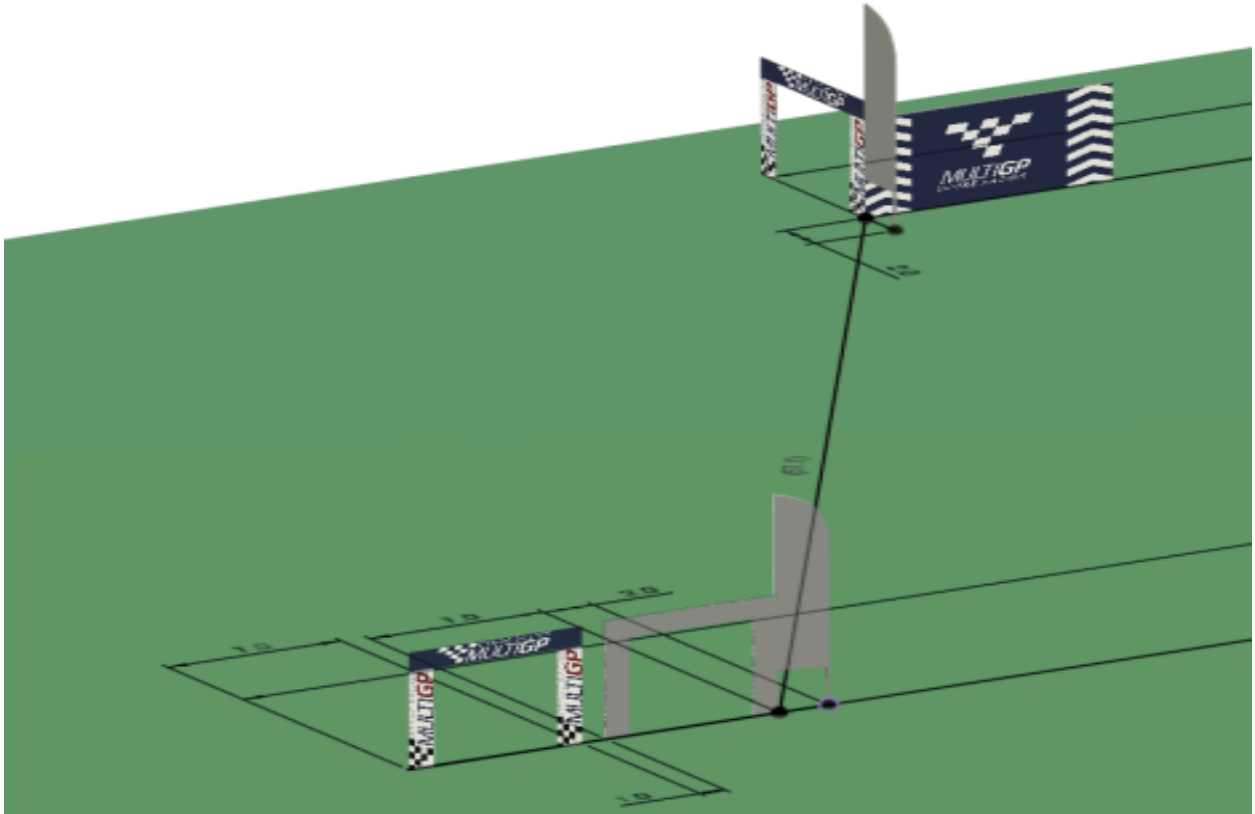
Now we are going to set up the 4 gates in a row. From the 18.3ft gate rebar, walk out 11.6m. From the 26.5m mark, walk out 8.2m. Where the tapes meet, place a gate rebar. Now along the diagonal line the gates will go on, placing a gate rebar at 2.1m, 2.4m, 4.5m, 7.1m, 9.2m, 9.5m.



Step 10

We have one obstacle left, and by now you really love triangles or hate them! From the 26.5m mark walk out into the field 35.4m. Take the other tape measure and go to the 2 gates and flag you set up at the far end of the track. Place the tape measure on at the leg of the gate, NOT the flag, and then walk out 20.5 m. Where these 2 meet place a gate rebar for the gate. You can also place a rebar for the hurdle here, as well.





On the line from the 26.5m mark on the ground, walk back down the line 3m and place a rebar for the hurdle, 32.4m on the tape. Now to square the gate, walk 3.7m from the 32.4m mark for the hurdle out to meet the 2.1m line from the gate rebar you placed. Here is the last gate leg, place a rebar. If you are going to place a feather flag, place it 0.6m from the gate. You may also use a flag on the gate for this obstacle. When done it should look like this.

