

SUGGESTED TRACK & FIELD START UP KIT

Field

- **Javelins**
 - o 1-800gr; 1-700gr; 2-600gr; 1-500gr; 2-400gr;
- **Turbo Javs**
 - o 2-300 g
- **Discus**
 - o 2-750mg; 2-1k; 1-1.5k; 1-2k
- **Shot Put**
 - o 2-1k; 2-2k; 3-3k; 2-4k; 2-5k; 2-6k
- **Club 1**
- **Wind Gauge - Long Jump & Track - 1 (electronic – manually operated)**
- **Seated throw field pit ring (1/3 or ¼ of circle is all you need) to mark front of circle – 3-4**

Misc.

- Hand Towels (to wipe off implements) - 6
- 5 Gal. Paint bucket (to build pit items) - 6
- Heavy Duty Tie downs – 4 sets of 4
- Heavy duty medal stakes at least 12" long – 4 sets of 4
- 36" yard stick or 36" ½"/3/4" wood dowel marked at 75cm – 4
- Tape Measures in Meters
 - o 100m fiberglass tape – 1
 - o 100m steel tape -1
 - o 50m fiberglass – 1
 - o 50m steel tape -1
 - o 30m fiberglass tape -2
 - o 30m steel tape -2
- Duct tape – 2 rolls White
- Cones
 - o 4 inch – 8
 - o 24 inch -2
 - o 12 inch -10
- Flags for Officials
 - o Yellow – 6
 - o White – 6
 - o Red – 2
- Stop Watches – 16-18
- Construction marker flags -1 bunch of 100 (to mark Seated throws)
- Starter pistol – 1 (may use USATF starters)
- Throwing Frame – 1 Program type

