

TRACK & FIELD START UP KIT

Could start with one of each

Field

- **Javelins**
 - o 1- 800gr;
 - o 1- 700gr;
 - o 2- 600gr;
 - o 1- 500gr;
 - o 2- 400gr;
 - o 2- 300gr Turbo's.
- **Discus**
 - o 3- 750mg;
 - o 3- 1k;
 - o 2- 1.5k;
 - o 1- 1.75k,
 - o 2- 2k
- **Shot Put**
 - o 2- 1k;
 - o 3- 2k;
 - o 3- 3k;
 - o 3- 4k;
 - o 2- 5k;
 - o 2- 6k,
 - o 1- 7.26k
- **Wind Gauge - Long Jump & Track - 1**
- **Seated throw field pit ring to mark front of circle – 3 to 4**
(buy 1 full ring and cut into 3 or 4 pieces or buy already cut ones)
- **Platform(s)** for seated throws - to throw from Grass or in regular pit (optional)
- **Cage(s)** - for Grass throwing areas for Discus and Club. White paper on Web Site with choices.

Misc.

- Hand Towels (to wipe off implements) -12
- 5 Gal. Paint bucket (to build pit items) - 10
- Heavy Duty Ratchet type Tie downs straps – 4 sets of 4
- Heavy duty medal stakes at least 14"-20" long – 4 sets of 4
- 36" yard stick (or 36" ½"/3/4" wood dowel) – 5
(to check height of Field chairs and Racing chairs).
Mark at 75cm for Field chair height and 70cm, 50cm, & 20cm for racing chairs
- Tape Measures in Meters
 - o 100m fiberglass tape – 1
 - o 100m steel tape -1
 - o 50m fiberglass – 2
 - o 50m steel tape -2
 - o 30m fiberglass tape -2
 - o 30m steel tape -2
- Duct tape – 3 rolls White (to mark track and long jump)
 - Buy rolls with at least 150 yards
- Cones
 - o 4 inch – 8
 - o 24 inch -2
 - o 12 inch -10
- Umpire Flags
 - o Yellow – 10
 - o White – 10
 - o Red – 2
- Stop Watches – 24
- Starter pistol – 1 (USATF starter should bring his/her own)
- Baby powder – 1 (to use for VI 11/12 long Jump)