



Course Hosting Equipment Checklist Club Coach

Check	#	Item
Sprints		
	8	Starting Blocks
	8-10*	Skipping Ropes
	2-6	Agility Ladders
	2-6	Parachutes, Accelerators
	6-10	Traffic Cones
	1	Whistle, Clapper, Stopwatch
Hurdles		
	10-20	Competition Hurdles
	10-20	Collapsing/scissor hurdles
	4-10	Traffic Cones
	1	Whistle or Clapper
Relays		
	4-8	Batons
	1	Marking Tape
	4-10	Traffic Cones
	1	Whistle or Clapper
Distance		
	1	Stopwatch
	4-10	Cones
	1	Whistle or clapper
	1	Hillside for XC running
Race walk		
	4-10	Cones
	1	Whistle, Stopwatch
Steeplechase		
	4	Barriers (no water for 14-15y)
	4-10	Traffic cones
	1	Whistle or clapper
	1	Stopwatch
Discus		
	1	Cage, Broom, Towels
	*	Discus 1, 1.5, 1.75, 2kg
		Markers, Chalk
	2-6	Traffic Cones
Hammer Throw		
	1	Cage, Broom, Towels
	*	Hammer 3, 4, 5, 6, 7.26kg
		Markers, Chalk
	2-6	Traffic Cones

Check	#	Item
High Jump		
	1	Mats, Cover, Stands
	1	Bungee Cord or 4m Elastic, cross bar
	1	Box (1, 2, 3, foot high)
	4-8	Collapsing/Scissor hurdles
	8-10*	Skipping ropes
	2-10	Traffic Cones
	1	Tape Measure (10m, 20m)
		Marking Tape, Chalk
Long Jump/ Triple Jump		
	1	Spade, Shovel, Rake, Broom
	1	Long Jump Pit
	1	Box (1, 2, 3, foot high)
	1	Springboard
	4-8	Collapsing/scissor hurdles
	8-10*	Skipping ropes
	2-8	Traffic Cones
	2-6	Measuring Tape (15m, 35m)
		Runway markers, Chalk
Polevault		
	1	Mats, Stands, Bungee, Bar, Lifters
	*	Practice, Beginner Poles
	1	Box (1, 2, 3 foot high)
	4-8	Collapsing/scissor hurdles
	8-10*	Skipping ropes
	2-10	Traffic Cones
	1	Tape Measure (35m)
		Marking tape, Chalk, markers
Shot Put		
	1	Toe board, rake, broom, towels
	*	Shots 3, 4,5,6, 7.26kg
		Medicine balls (diff size and weight)
		Markers, Chalk
	2-6	Traffic Cones,
Javelin		
	1	Runway, Broom
	*	Javelin 400, 500, 600, 700, 800gr
		Markers, Chalk
	2-6	Traffic Cones
Emergency First Aid Kit!		
		Fully packed and at least 4 icepacks

*Least half of the number of the participants.