Course Hosting Equipment Checklist
Sport Coach

Check	#	Item
Sprints		
	6-10	Cones
	1	Whistle or clapper
		Starting Blocks
Hurdles		
	8-20	Collapsing/scissor hurdles
	4-10	Cones
	1	Whistle or Clapper
Relays		
	4-8	Batons
	1	Marking Tape
	4-10	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 or clapper
High Jump		
		Mats, Stands
	1	Bungee Cord or 4m Elastic
	2-10	Traffic cones
		Tape Measure (10m, 20m)
		Marking tape, Chalk
Long Jump and Triple Jump		
		Long Jump Pit
	1	Spade, Shovel, Rake, Broom
	2-8	Traffic cones
	1	Measuring Tape (15m, 35m)
		Runway markers, Chalk

Check	#	Item
Shot Put		
	*	Softballs
	*	Shots 2, 3, 4kg
	1	Rake, Broom, Towels
		Markers, Chalk
	2-6	Traffic Cones
Discus Throw		
	*	Frisbees, Hoolas, Rings
	*	.75, 1kg Discus
	1	Broom, Towels
		Markers, Chalk
	2-6	Traffic Cones
Javelin Throw		
	*	Training (Plastic) Javelins, tennis balls
	*	300, 400, 500, 600gr Javelins
	1	Broom
		Runway Markers
		Markers, Chalk
	2-6	Traffic Cones
Emergency First Aid Kit		
		Fully packed and at least 4 instant icepacks

*Least half of the number of the participants.

Having athletes to demo would be helpful