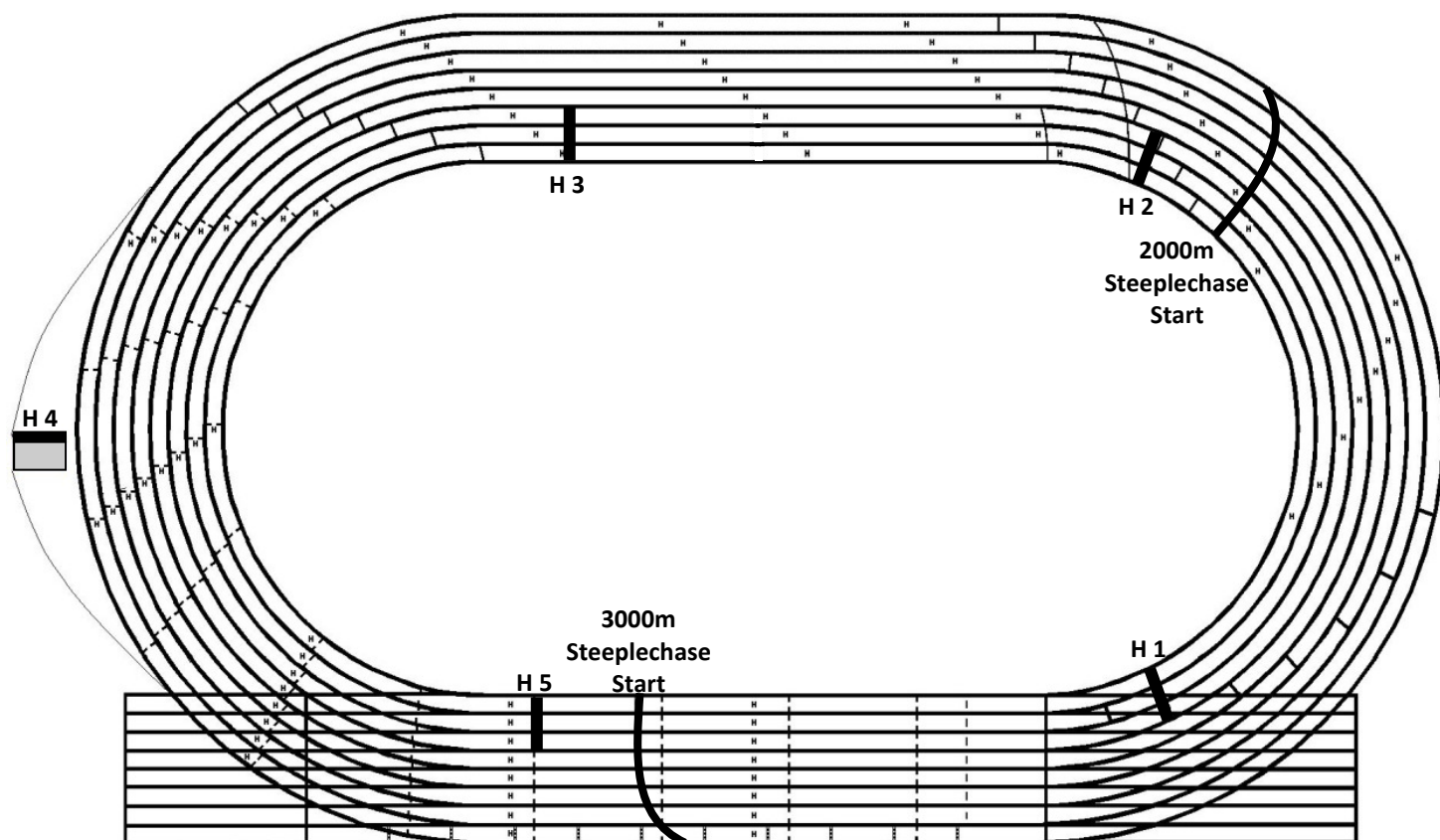


Steeplechase Information Water Jump Outside



The letters H1 through H5 represent steeple hurdle jumps. H4 is the water jump; the others are on-track steeple hurdles whose position is determined by the location of water jump because the distance between jumps is approximately one-fifth.

Finish Line to H 1	10m
H 1 - H 2	84m
H 2 - H3	84m
H 3 - H 4	84m
H 4 - H 5	84m
H 5 - Finish Line	74m

2000m Steeplechase

Athletes complete 4 laps after passing the finish line on their first lap.

H 2 is placed in position once the athletes have passed the first time.

Athletes first jump is H 3 (depending upon numbers in the field there may be a requirement to have 2 hurdles side by side), followed by H 4 and H 5 during their first lap.

Thereafter they will face five (5) jumps in each of their remaining four (4) laps.

Total of 23 jumps in the race.

3000m Steeplechase

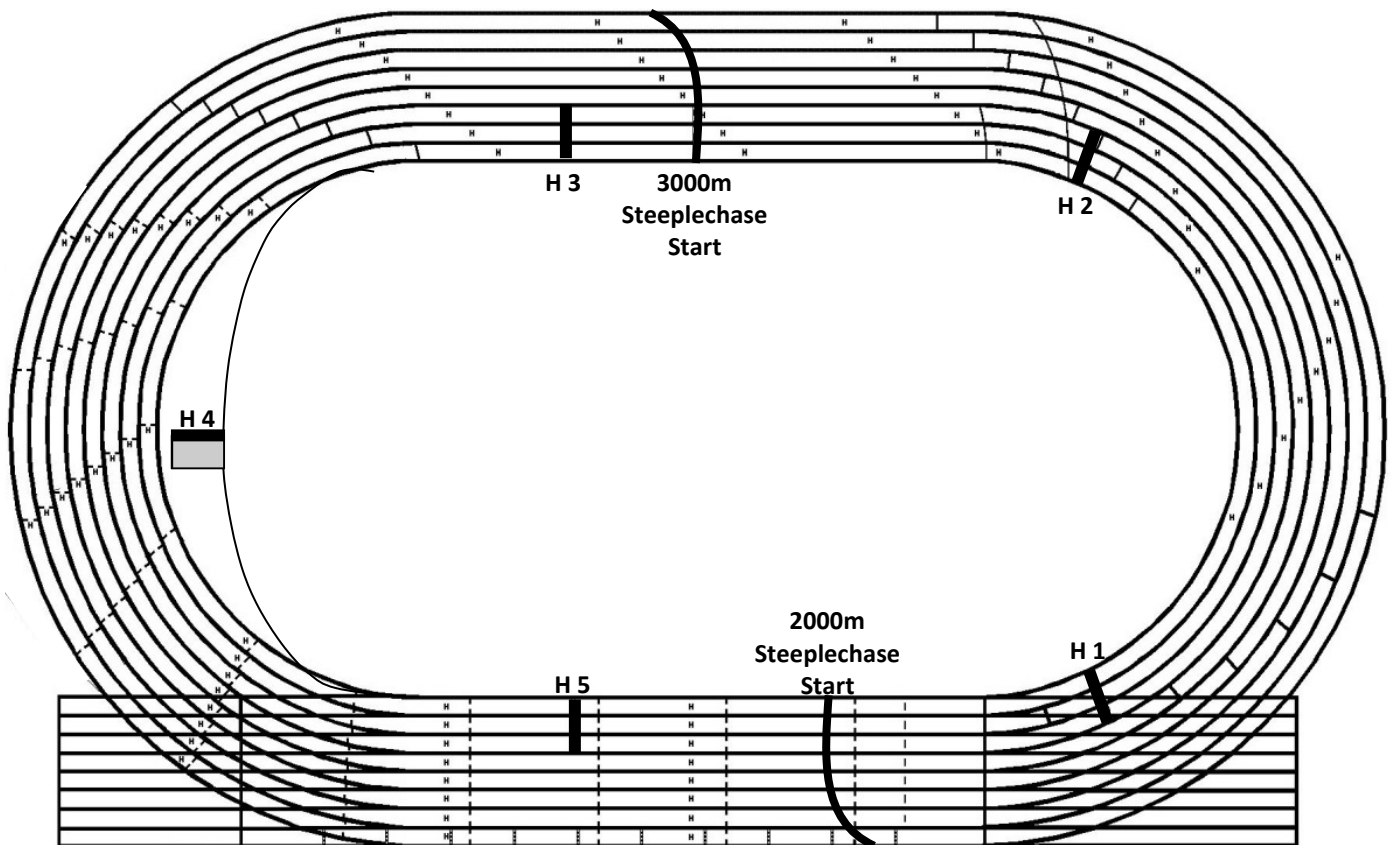
Athletes complete 7 laps after passing the finish line on their first lap.

Athletes first jump is H 1 during their first full lap (depending upon numbers in the field there may be a requirement to have 2 hurdles side by side).

Thereafter they will face five (5) jumps in each of their remaining seven (7) laps.

Total of 35 jumps in the race.

Steeplechase Information Water Jump Inside



The letters H1 through H5 represent steeple hurdle jumps. H4 is the water jump; the others are on-track steeple hurdles whose position is determined by the location of water jump because the distance between jumps is approximately one-fifth.

Finish Line to H 1	12m
H 1 - H 2	79m
H 2 - H3	79m
H 3 - H 4	79m
H 4 - H 5	79m
H 5 - Finish Line	68m

2000m Steeplechase

Athletes complete 5 laps after passing the finish line on their first lap.

H 1 is placed in position once the athletes have passed the first time.

H 2 is placed in position once the athletes have passed the first time.

Athletes first jump is H 3, followed by H 4 and H 5 during their first lap.

Thereafter they will face five (5) jumps in each of their remaining four (4) laps.

Total of 23 jumps in the race.

3000m Steeplechase

Athletes complete 7 laps after passing the finish line on their first lap.

H 3 is placed in position once the athletes have passed the first time.

Cones are placed on the pole line so that athletes by-pass H 4 and repositioned once the athletes have passed the first time.

H 5 is placed in position once the athletes have passed the first time.

Athletes first jump is H 1 during their first full lap.

Thereafter they will face five (5) jumps in each of their remaining seven (7) laps.

Total of 35 jumps in the race.