Steeplechase instructions

Format of the race

There are 5 obstacles that the athlete has to negotiate (water jump plus 4 hurdles). On the first lap, the first two are not on the track but all of the others are. As soon as the athlete has gone past where the first two normally are, they are placed on the track. For the remainder of the race, the athlete has to go over all 5 obstacles in every lap.

1. At 1.00pm ensure that the water jump is still full of water.
2. Position students at points indicated on the diagram ready to lift the barrier onto the marked positions on the track (thick blue line). Lower all barrier and place the pin in the lowest hole (this includes the water jump barrier).
3. Place barriers #1, #3 and #4 on the track before the start of the girls’ 1000m steeplechase. This will be at approximately 1.22pm when the U15 boys’ 800m has been completed.
4. At 1.23pm the girls 1000m steeplechase begins from the 200m start point. (On the first lap, the girls do not go over the water jump or barrier #2). When the girls pass the entrance to the water jump area, remove the large cones at its entrance and exit. Ensure that these cones are positioned so that the girls have to enter and take the water jump on the next and last lap.
5. When the girls run past the finish line for the first time, place barrier #2 on the track.
6. On completion of the girls’ steeplechase, remove barriers #3 and #4 from the track in readiness for the start of the boys’ 2000m steeplechase which begins on the main straight just before the finish line.
7. Raise all barriers to the next height and ensure that the pin is in securely (this includes the water jump barrier).
8. The boys steeplechase begins at 1.29pm (On the first lap, the boys do not go over barriers #3 and #4 – they are off the track). After the start (when they have run past these positions), place those barriers on the track in their marked positions (thick blue line).
9. When the race is completed, move all barriers off the track onto the grass and lower all barriers to place the pin in the lowest hole (this includes the water jump barrier).
10. Replace the large cones at the water jump entrance and exit.