

Simple Rules



Coventry
Godiva
Harriers



- No Mixing of groups within different areas
- Only be on the track for Drills/Running (throws is separate)
 - All waiting must be to the side where appropriate)
 - No using of central lanes for Wickets or Hurdles
 - Home straight 8-10 only / Back Straight 7-8 only
(this includes on the line drills must be over 8/9 and 9/10 Home straight, 7/8 back straight)
- Distance reps in Lane 1 and 2 (use outer of lane 2 for jogging/rest between reps)
- Lane reps for distance and or sprints:
 - Full track lanes 3 to 6 / Home straight 3 to 7 (wider if no Hurdles)(no lining up waiting on track, be aware of track use congestion)

The use of **"TRACK!"** Means you're in the way (be aware fast movers coming) you **MUST** either get off the track if possible or assume a side on position on the track line

Next slide Highlights areas of assigned **"ZONES"** these are your groups base, all kit and waiting must be in these areas



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Sprints and Hurdles
Zones, 3,4,7,8,12

Distance
1, 9, 10, 11, 12

Jumps
5, 6

Throws
2, 12

RJT Session Bookings (TBA)
1, 2, 5, 6, 10, 11

You will see some zones are exclusive and always available and some that are Joint usage

You must book a "Single Use" zone before using a Joint if available or another disciplines primary area (i.e not being used by the Throws/ Jumps)

Under current Risk Assessment this permits a total of 120 athletes on Track within each Session.

No "Squad" can book more than 2 slots per session.

