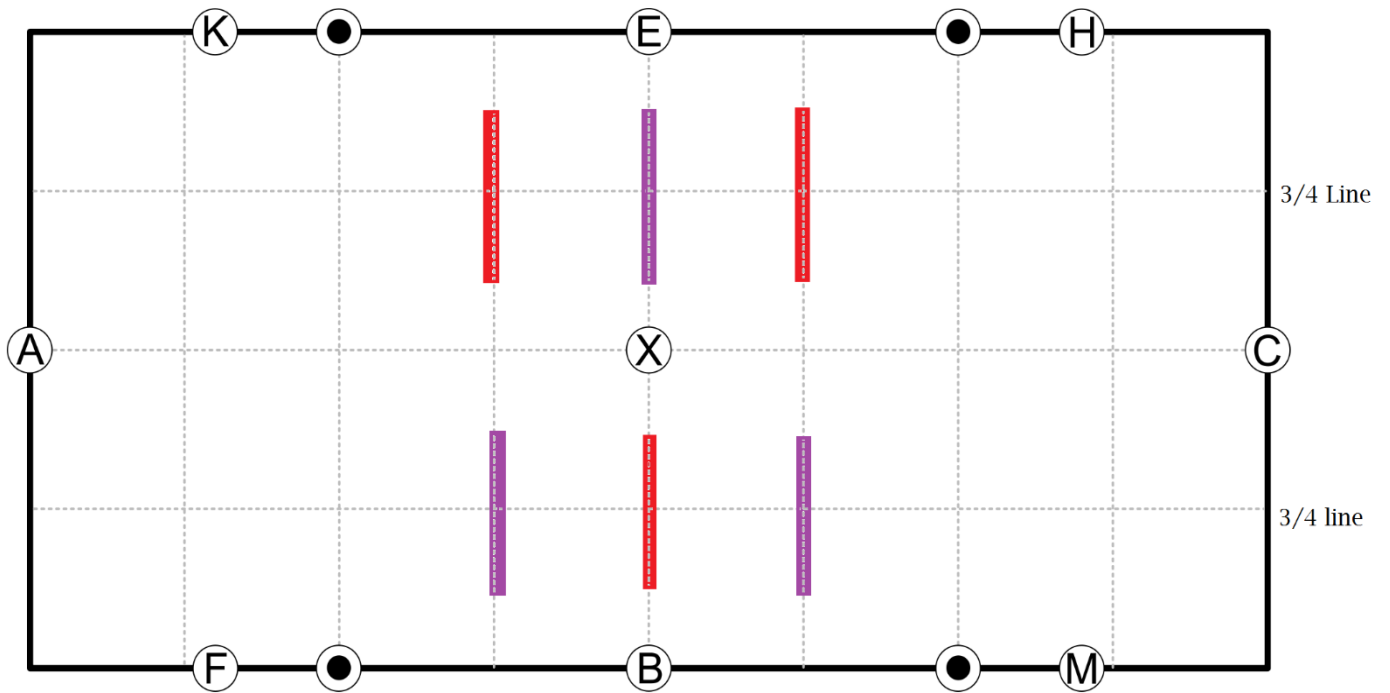


### WALK A SETUP:

Place centre pole at E (2 metres from track)  
Place one pole either side, total of 3 poles  
Spacing between poles is 75cm apart.



### WALK B SETUP:

Middle cone at B, 2 on either side 6 metres away from central cone  
3 cones total on  $\frac{3}{4}$  line  
First cone on the right, last cone on right (See diagram below)

