

# Carnival Set Up Guide

## SPRINT TRACK



## Sprint Track Set Up

4 People are required to efficiently set up the Beach Sprint Track

### Equipment Required

2 x Shovels

4 x 2m Orange Poles

2 x Blue Outside Lane Ropes (marks measured for 70 or 90 metres)

10 x Red Lane Ropes on 5 reels marked for 70 & 90 metres

1 x Square Rope (triangular joined rope with metal rings) [3,4,5 builders squaring method]

1 x Lane Marking Rope marked for 1.5m lane spacing

1 x Bag of Short Plastic Tube Anchors for lane ropes

1 x100m Measuring Tape

### Distances

70 metres – Juniors/Nippers/Masters

90 metres – Seniors

### Method/Set Up

Choice of beach should either be soft (preferable) or hard sand. Avoid combination of both.

- 1) Set up top outside lane rope first. Dig in orange poles with blue outside lane attached and straight for either 70 or 90 metre track.

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- 2) Using the squaring rope, install one metal ring pegged at the base of either the start or finish line pole. Then run one section along the outside rope and peg metal ring in position making sure the lane rope is straight. Gently pull the remaining section at right angles to the outside lane rope until taught, to create a triangle. Mark the end or ring with a plastic peg in the sand.
- 3) Using a tape or marked lane position rope, lay it on the sand from the base of the orange pole and in line with the peg in the sand and place a mark at either the 8<sup>th</sup> or 10<sup>th</sup> lane position and insert another orange pole at this position to create either a start or finish line. Your track should now be square.
- 4) Using the remaining blue outside lane rope, run it out from the squared pole position and measure 70 or 90 metres out and place a mark on the sand. Then measure across from the top side pole to match the 8 or 10 lanes at the opposite end and where the two lines intersect. That is the position for the pole.
- 5) Using either a measuring tape or marked lane spacing rope between the poles at each end, place a plastic peg on each lane rope position at 1.5m spacing. Dig holes approximately 1m behind each peg deep enough to secure a plastic peg horizontally and securely. Run out the red lanes ropes for 8 or 10 lanes as required. Starting at one end of the track, insert a plastic tube through the loop of the lane rope then bury into the hole. Once one end has been completed, move to the opposite end and repeat the process making sure each lane rope is pulled tight before looping onto the plastic peg and burying into the hole.
- 6) On completion of installing the lane ropes, mark a straight line in the sand between the start/finish poles. Lane numbers can be used with No1 position always closest to the water. You are now ready for competition.

**Note:** On pack-up, ensure 2 lane ropes are installed on each reel, but one rope at a time to avoid ropes being tangled.

Sprint Track Course Diagram (SSM Section 9 - Figure 31)

