



500m – Blue and Yellow

1000m – Blue

1500m – Blue then Red then Blue

2000m - Blue then Red then Purple then Red then Blue

Volunteers (V) offer assistance to athletes and show the correct direction (may have a walkie talkie for communications and emergencies)

Checkpoints (CP) offer assistance to athletes, show direction, count athletes coming past and report back by walkie talkie.

- V1 – ensure all athletes run around the point. Applies to all races and both laps of 3000m.
- CP1 – ensures U6 turn at the 500m turn point and all other athletes continue. Counts all athletes going past and confirms that all athletes have passed. Applies to all races. Ensure all athletes turn at correct point on return.
- V2 – assists athlete at the corner of the carpark
- CP2 – ensure 1000m runners turn and all other athletes proceed. Count athletes. Stop bike traffic coming from the east (work with CP5)
- CP3 - ensure 1500m runners turn and 2000m athletes proceed. Count athletes.
- V3 – ensure athletes turn at the correct point
- CP4 - ensure athletes turn at the correct point. Count athletes
- V4 – ensure athletes stay off the path
- CP5 – Count athletes. Stop bike traffic coming from the west. (work with CP2)
- V5 – assist athletes near carpark corner on return.