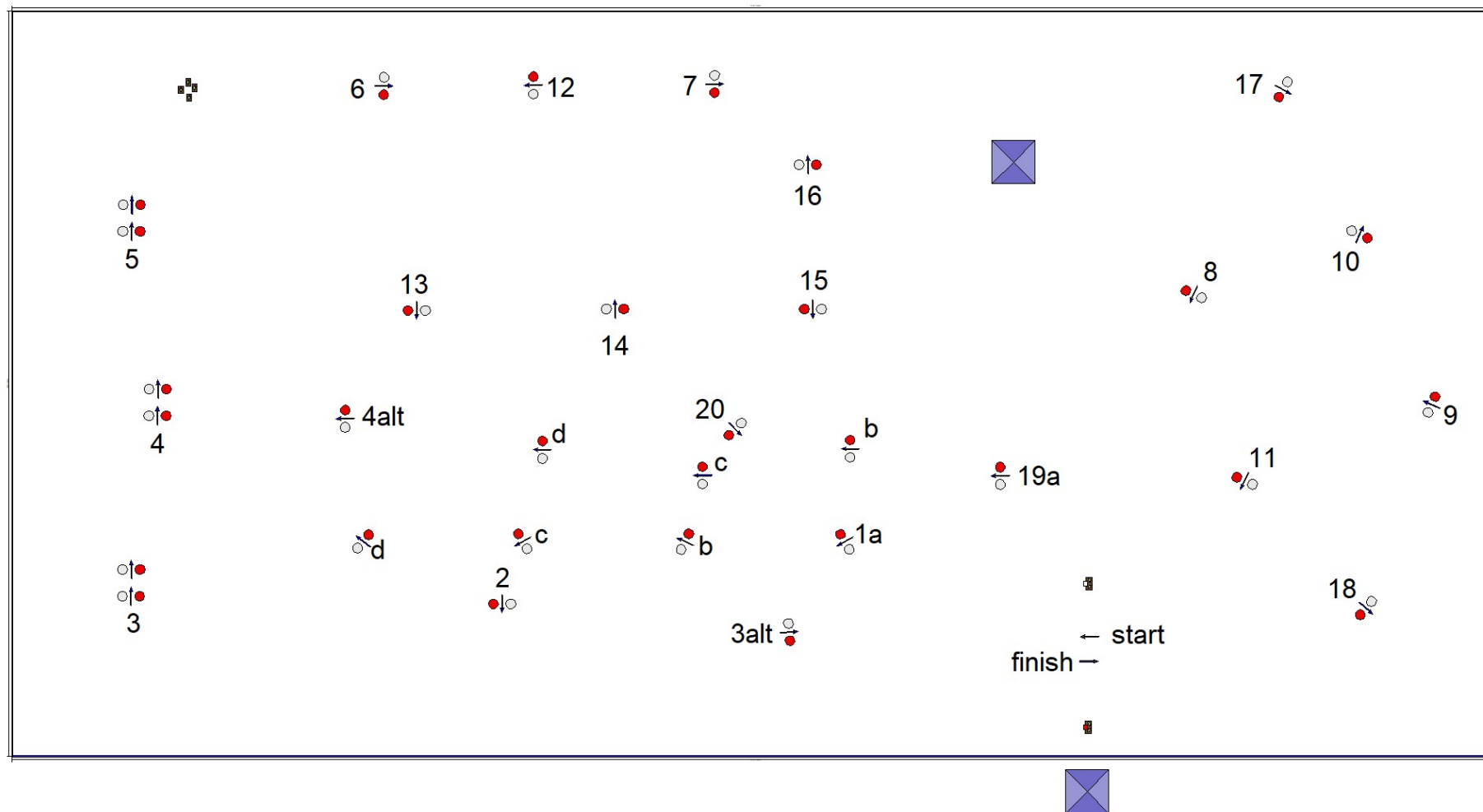


Cones

Class	Obstacles	Efforts	Length	Speed	Time allowed
H1	20	26	730 m	250 m/min	175 sec
H2	20	26	750 m	250 m/min	180 sec
H4	20	26	760 m	240 m/min	190 sec



Class	Obstacles	Efforts	Length	Speed	Time allowed
P1 Children	15	18	550 m	220 m/min	150 sec

