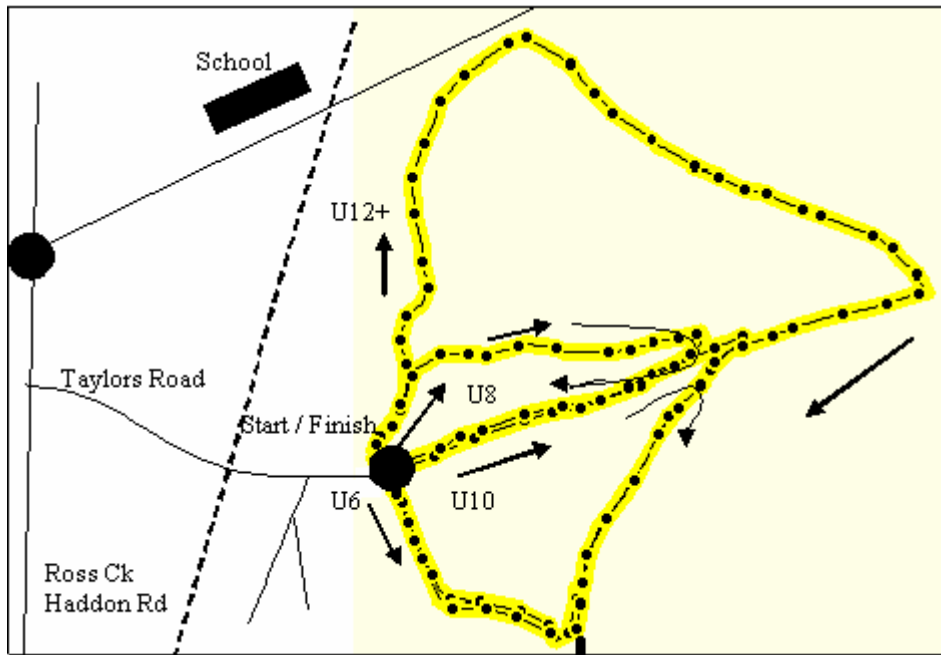




# WOODY YALOK ATHLETICS CLUB

## 4 Ways Handicap Haddon Common



Under 6	400m (out 200 and back)
Under 8	800m 1 small loop
Under 10	1030m 1 big loop (start straight—due east)
Under 12	1800 1 large loop
Under 14	2600 1 large loop & 1 small loop (u8 loop)
Under 16+	3600 2 large loops