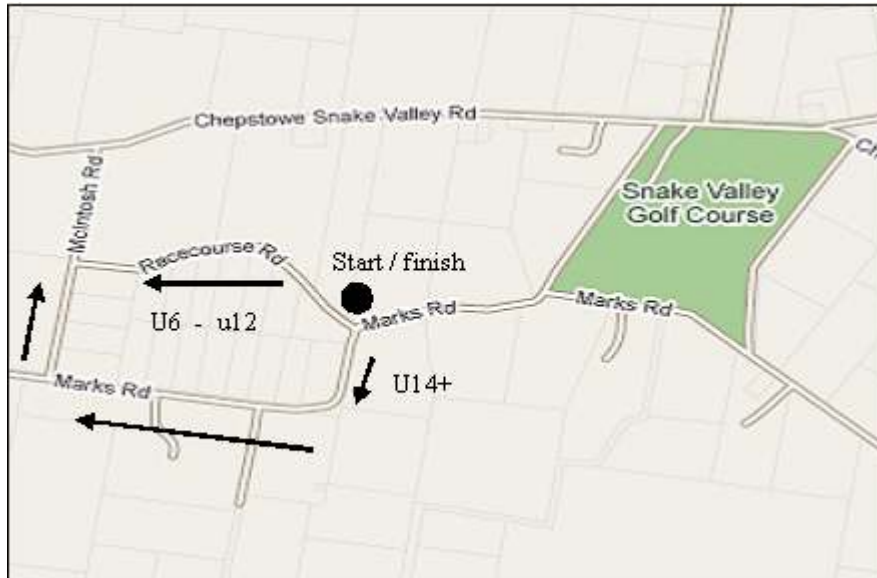




WOODY YALOK ATHLETICS CLUB

Snake Valley Handicap



Under 6	400m	200m	out & back
Under 8	800m	400m	out & back
Under 10		1000m	500m out & back
Under 12		1800m	900m out & back
Under 14		2600m	1 lap of block
Under 16+		3600m	500m out & back then 1 lap of block