**Example Rotation - Indoor**

**Note - The change of each station will be by 3 blows on the whistle. This is a warning for the coaches and they should finish the session within the next minute and send to next station.**

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| **Rotation** |
| Sprint  *To* |
| Shot Putt  *To* |
| Standing Long Jump  *To* |
| Endurance  *To* |
| Standing Triple Jump  *To* |
| Sprint Hurdles  *To* |
| Step up Challenge  *To* |
| Sprint |

|  |  |
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| **Starting Stations** | |
| Team One | Sprint |
| Team Two | Shot Putt |
| Team Three | Standing Long Jump |
| Team Four | Endurance |
| Team Five | Standing Triple Jump |
| Team Six | Sprint Hurdles |
| Team Seven | Step up Challenge |

