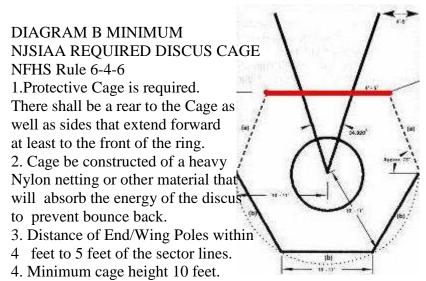


Note the yellow lines indicating 4-5' from the sector line.



- 5. Minimum distance from circle mid point/ center to End/Wing Poles 10 feet.
- 6. Recomendation End/Wing Poles should have energy absorbing netting or padding attached.

Note the red lines indicating 4'-5' from the sector line. (diagrams Jim McMillan) Carl E. Rickershauser

NJSIAA Cross Country, Track & Field Rules Interpreter April 9, 2008