**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 |

