

# Saint John FUNDamentals Meet

Saturday November 5th, 2016

BLOCK # 1					
Race	Group	Direction	Track	Laps	Dist
1	black	CC	100m	6L	600
2	burgundy	CC	100m	5L	500
3	turquoise	CC	100m	5L	500
4	dusty blue	CC	100m	4L	400
5	white	CC	100m	4L	400
6	mauve	CC	85m	3L	255
7	lime green	CC	85m	3L	255
8	beige	CC	85m	2L	170

Lunch will take place from 12:15 to 12:45pm.  
Racing to start again promptly at 12:45pm

*Schedule may change based on time limitations*

BLOCK # 2					
Race	Group	Direction	Track	Laps	Dist
9	black	CC	100m	2L	200
10	burgundy	CC	100m	2L	200
11	turquoise	CC	100m	2L	200
12	dusty blue	CC	100m	2L	200
13	white	CC	100m	2L	200
14	mauve	CC	85m	2L	170
15	lime green	CC	85m	2L	170
16	beige	CC	85m	1L	85

BLOCK # 5 - TEAM Relay - Ball Chase					
Race	Groups		Track	Laps	
33	black		end to	Colored balls -	
	burgundy		end	Team chase	
34	turquoise		end to	Colored balls -	
	dusty blue		end	Team chase	
35	white		end to	Colored balls -	
	mauve		end	Team chase	
36	lime green	To red	Colored balls -		
	beige	Line	Team chase		

BLOCK # 3 - from a knee start					
Race	Group	Direction	Track	Laps	Dist
17	black	CC	100m	3L	300
18	burgundy	CC	100m	3L	300
19	turquoise	CC	100m	3L	300
20	dusty blue	CC	85m	3L	255
21	white	CC	85m	3L	255
22	mauve	CC	85m	2L	170
23	lime green	CC	85m	2L	170
24	beige	CC	85m	2L	170

BLOCK # 6 - Obstacle Course					
Race	Groups		Track	Laps	
37	black		end to	2x each	
	burgundy		end		
38	turquoise		end to	2x each	
	dusty blue		end		
39	white		end to	1x each	
	mauve		end		
40	lime green	end to	1x each		
	beige	end			

BLOCK # 4 - Clockwise - Crazy start					
	Group	Direction	Track	Laps	Dist
25	black	C	85m	2L	170
26	burgundy	C	85m	2L	170
27	turquoise	C	85m	2L	170
28	dusty blue	C	85m	2L	170
29	white	C	85m	2L	170
30	mauve	C	85m	2L	170
31	lime green	C	85m	2L	170
32	beige	C	85m	2L	170

If Time Permits (either before lunch or end of the day)

BLOCK # 7 - Clockwise					
	Group	Direction	Track	Laps	Dist
41	black	C	85m	5L	425
42	burgundy	C	85m	5L	425
43	turquoise	C	85m	4L	340
44	dusty blue	C	85m	4L	340
45	white	C	85m	3L	255
46	mauve	C	85m	3L	255
47	lime green	C	85m	2L	170
48	beige	C	85m	2L	170

