

Sport:
Sportshall Athletics (Primary)

Competition:

- U11

Teams

Each team must consist of six girls and six boys from years 4, 5 or 6 (can be all from one year or a mixture)



Each athlete **will** take part in **three** field events and a maximum of **four** track events which this year consists of the following:

On the track:

2 + 2 – two boys and two girls both running 2 laps in a relay style format

1 + 1 – two boys and two girls both running 1 lap in a relay style format

6 lap parlauf – two boys and two girls running 6 laps in a relay style format (how many laps each athlete completes is up to the team manager (i.e. athlete 1 runs two laps, athlete 2 runs two laps, athlete 1 then runs one lap and finally athlete 2 runs the final lap)

4 x 1 – four boys and four girls run 1 lap each in a relay style format

Over and under relay – four boys and four girls run 1 lap of our over and under course consisting of a tunnel and two hurdles.

Obstacle relay – four boys and four girls run 1 lap of our traditional obstacle course

And in the field:

Vertical jump

Standing triple jump

Standing long jump

Speed bounce

Chest push (1kg medicine ball)

Soft Javelin





Note: Athletes will take part in single gender competitions and events denoted above will be for both sexes.

Umpires

- Sportshall Leaders workshops will prepare young people to support competition as:
 - Event organisers
 - Officials — track judges, time keepers, field event officials and scorers
 - Team managers, assisting teaching staff as required — this may include introducing activities prior to the day of competition



Sport:

Sportshall Athletics (Secondary)

Competition:

- U13

Teams

Each team must consist of six girls and six boys from years 7 and 8 (can be all from one year or a mixture)

Each athlete **can** take part in **three** field events and a maximum of **four** track events which this year consists of the following:



On the track:

- 2 lap Individual race
- 4 lap Individual race
- 8 lap paar lauf

each requiring two athletes per gender

- 6 lap individual race

r requiring one athlete

- Obstacle relay
- 4 x 2 lap relay

each requiring four athletes

And in the field:

- Shot
- Speed Bounce
- Standing Long jump
- Standing triple jump
- Vertical jump
- Soft Javelin – please note this is a non scoring come and try event

each requiring one athlete per phase

The top two scores from each team will count towards the team results.

Note: Athletes will take part in single gender competitions and events denoted above will be for both sexes.

Umpires

- Sportshall Leaders workshops will prepare young people to support competition as:
 - Event organisers
 - Officials — track judges, time keepers, field event officials and scorers
 - Team managers, assisting teaching staff as required — this may include introducing activities prior to the day of competition

