

### FESTIVAL FORMAT

Arrival:	Team Registration, Bib distribution, Team bench allocation	
Warm-ups:	Group Warm-up using obstacle relay	
Welcome Address:	Introductions of Event Manager, Young Leaders, Teams and Staff	
	<b>Track Events</b>	<b>Field Events</b>
Event 1:	<ul style="list-style-type: none"> <li>• Obstacle Relay – Girls</li> <li>• Obstacle Relay – Boys</li> </ul>	
Event 2:	<ul style="list-style-type: none"> <li>• 1 + 1 Relay – Girls</li> <li>• 2 + 2 Relay – Girls</li> </ul>	Boys 1 <sup>st</sup> Round – Field Events <ul style="list-style-type: none"> <li>• Chest Push</li> <li>• Standing Long Jump</li> <li>• Standing Triple Jump</li> <li>• Vertical Jump</li> </ul>
Event 3:	<ul style="list-style-type: none"> <li>• 1 + 1 Relay – Boys</li> <li>• 2 + 2 Relay – Boys</li> </ul>	Girls 1 <sup>st</sup> Round – Field Events <ul style="list-style-type: none"> <li>• Chest Push</li> <li>• Standing Long Jump</li> <li>• Standing Triple Jump</li> <li>• Vertical Jump</li> </ul>
Event 4:	<ul style="list-style-type: none"> <li>• 6 Lap Paarlaf – Girls</li> </ul>	Boys 2 <sup>nd</sup> Round – Field Events <ul style="list-style-type: none"> <li>• Chest Push</li> <li>• Standing Long Jump</li> <li>• Standing Triple Jump</li> <li>• Vertical Jump</li> </ul>
Event 5:	<ul style="list-style-type: none"> <li>• 6 Lap Paarlaf – Boys</li> </ul>	Girls 2 <sup>nd</sup> Round – Field Events <ul style="list-style-type: none"> <li>• Chest Push</li> <li>• Standing Long Jump</li> <li>• Standing Triple Jump</li> <li>• Vertical Jump</li> </ul>
Event 6:	<ul style="list-style-type: none"> <li>• Over / Under relay - Girls</li> </ul>	Boys 3 <sup>rd</sup> Round – Field Events <ul style="list-style-type: none"> <li>• Chest Push</li> <li>• Standing Long Jump</li> <li>• Standing Triple Jump</li> <li>• Vertical Jump</li> </ul>
Event 7:	<ul style="list-style-type: none"> <li>• Over / Under relay – Boys</li> </ul>	Girls 3 <sup>rd</sup> Round – Field Events <ul style="list-style-type: none"> <li>• Chest Push</li> <li>• Standing Long Jump</li> <li>• Standing Triple Jump</li> <li>• Vertical Jump</li> </ul>
Event 8:	<ul style="list-style-type: none"> <li>• Javelin – Girls</li> </ul>	<ul style="list-style-type: none"> <li>• Speed Bounce - Boys</li> </ul>
Event 9:	<ul style="list-style-type: none"> <li>• Javelin – Boys</li> </ul>	<ul style="list-style-type: none"> <li>• Speed Bounce – Girls</li> </ul>
Event 10:	<ul style="list-style-type: none"> <li>• 4 x 1 Lap Relay – Girls</li> <li>• 4 x 1 Lap Relay - Boys</li> </ul>	
Conclusion	Cool-down and Results – Home Time!	



# Sportshall Athletics



**Team information:**

Each team should consist of a minimum of 9 girls and 9 boys or a maximum of 15 girls and 15 boys. Athletes should be selected from years 5 & 6.

Each student may compete in a Maximum of 2 track and 2 field events, drawn from the following:

**Track Events:**

1 + 1 Lap Relay	Each Requiring 2 girls and 2 boys
2 + 2 Lap Relay	
6 Lap Paarlaf	

Obstacle Relay	Each Requiring 4 girls and 4 boys
Over / Under Relay	
4 x 1 Lap Relay	

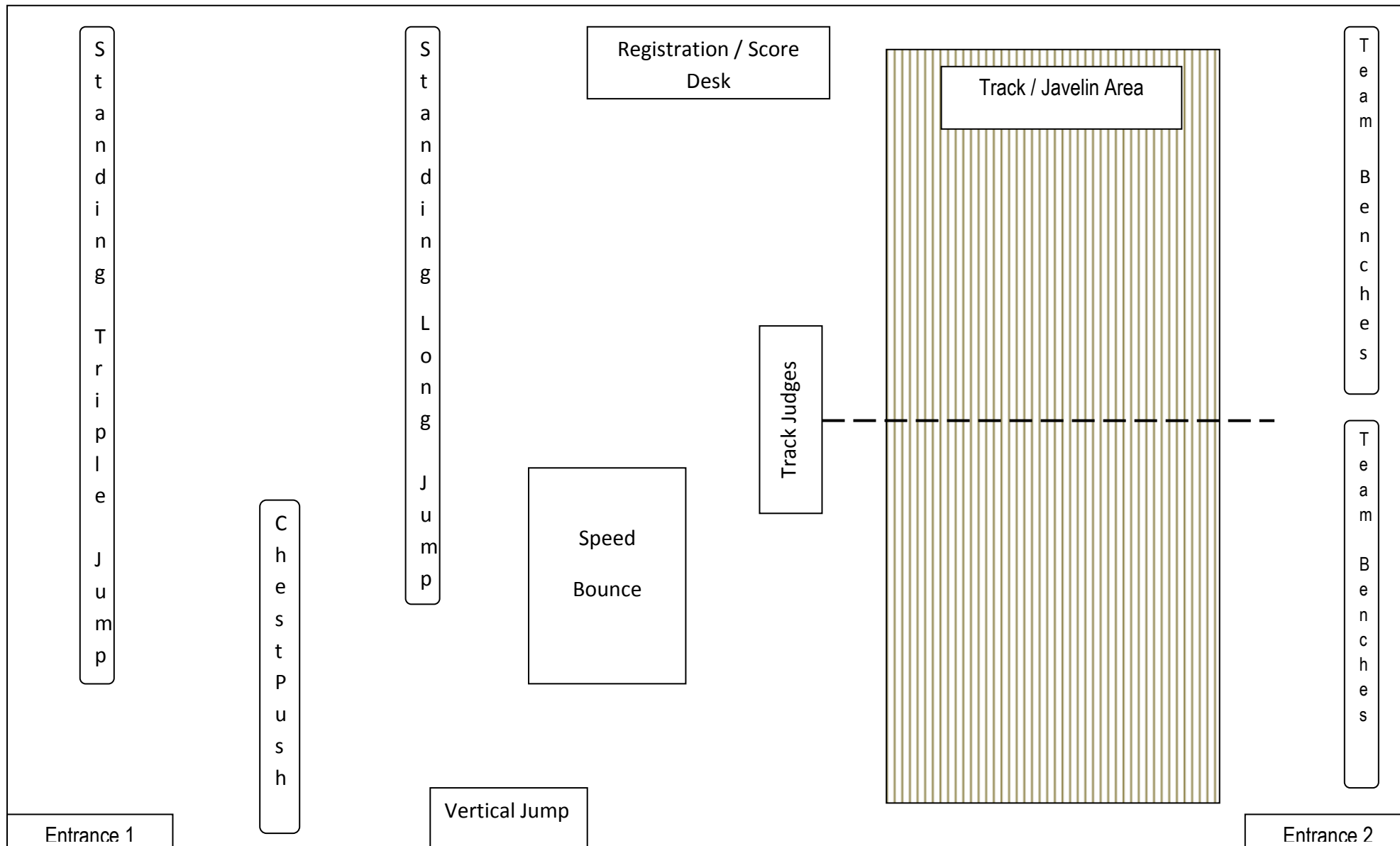
**Field Events:**

Chest Push	Each Requiring 3 girls and 3 boys
Soft Javelin	
Speed Bounce	
Standing Long Jump	
Standing Triple Jump	
Vertical Jump	

Please note that students will not be permitted to compete in bare feet or unsuitable footwear.



Layout of Event / Alan Higgs Centre



# Sportshall Primary



## Boys Team

### Track Events

### Field Events

Sportshall Primary SSC Boys Team		Track Events						Field Events					
		Obstacle Relay	1 + 1 Lap Relay	2 + 2 Lap Relay	6 Lap Paarlauf <small>1 + 1 Lap Hurdles Relay (years 3/4)</small>	Over / Under Relay	4 x 1 Lap Relay	Chest Push	Standing Long Jump	St. Triple Jump <small>5 Strides (years 3/4)</small>	Vertical Jump	Soft Javelin	Speed Bounce
Number of athletes per event:		4	2	2	2	4	4	3	3	3	3	3	3
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													

Please tick the appropriate box for each athlete's event

An athlete is limited to 2 track and 2 field events

# Sportshall Primary



**Girls Team**

## Track Events

## Field Events

Sportshall Primary  Girls Team		Track Events					Field Events						
		Obstacle Relay	1 + 1 Lap Relay	2 + 2 Lap Relay	6 Lap Paarlaut <small>1 + 1 Lap Hurdles Relay (years 3/4)</small>	Over / Under Relay	4 x 1 Lap Relay	Chest Push	Standing Long Jump	St. Triple Jump <small>5 Strides (years 3/4)</small>	Vertical Jump	Soft Javelin	Speed Bounce
Number of athletes per event:		4	2	2	2	4	4	3	3	3	3	3	3
1													
2													
3													
4													
5													
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14													
15													

Please tick the appropriate box for each athlete's event  
An athlete is limited to 2 track and 2 field events



