

## Event Format

Sportshall offers an ideal format for competition in which young people may develop their skills ahead of the track and field season.

## Team Information

Each team should consist of a minimum of five girls and five boys, with a maximum of eight girls and eight boys being permitted. All athletes are to be selected from school years 7 and 8 or school years 9 and 10. They may compete in a maximum of three track and two field events, drawn from the following:

### On the track ...

2 Lap Race	}	each requiring two girls and two boys
4 Lap Race		
8 Lap Paarlauf		
6 Lap Race	}	requiring one girl and one boy
Obstacle Relay or 4 x 1 Lap Relay	}	each requiring four girls and four boys
4 x 2 Lap Relay		

### ... and in the field

Shot	}	each requiring two girls and two boys
Speed Bounce		
Standing Long Jump		
Standing Triple Jump		
Vertical Jump		

## Additional Information

It is recommended that athletes from school years 7 & 8 compete in the Obstacle Relay with the older athletes competing in the 4 x 1 Lap Relay.

Please note that athletes will not be permitted to compete in bare feet or unsuitable footwear. The Sportshall handbook incorporates details of all the events, including a full explanation of each event together with some teaching points. Visit [www.sportshall.org](http://www.sportshall.org) for further details.

## Event Programme

After a short welcome and the introduction of the teams, the action begins!

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On the track ...

... and in the field

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Obstacle Relay or 4 x 1 Lap Relay – girls  
Obstacle Relay or 4 x 1 Lap Relay - boys

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2 Lap Race – girls  
4 Lap Race – girls

Shot, Standing Triple Jump, Vertical Jump  
(boys)

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2 Lap Race – boys  
4 Lap Race – boys

Shot, Standing Triple Jump, Vertical Jump  
(girls)

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6 Lap Race – girls  
8 Lap Paarlauf – girls

Speed Bounce, Standing Long Jump  
(boys)

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6 Lap Race – boys  
8 Lap Paarlauf – boys

Speed Bounce, Standing Long Jump  
(girls)

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4 x 2 Lap Relay – girls  
4 x 2 Lap Relay – boys

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And having had a great competition, we finish with presentations to all the teams!

Team Managers are encouraged to note the running order detailed above and select their team accordingly. It is inappropriate for an athlete to contest both the 2 and 4 lap events or the 6 lap and 8 lap Paarlauf events since they follow immediately. There are fewer problems associated in contesting field events in the same group and additional time will be permitted for athletes covering two events in the field.