

Aviva Sportshall UK Championships

Aviva Sportshall Fun in Athletics Festival - Team Information

Each Fun in Athletics team should consist of a minimum of 12 girls and 12 boys, with a maximum of 15 girls and 15 boys being permitted. All athletes must be under 11 years of age as at midnight 31st August / 1st September 2011 and must be at least 9 years of age on the day.

Track Events	Number of athletes	
Obstacle Relay	4 girls	4 boys
1 + 1 Lap Relay	2 girls	2 boys
2 + 2 Lap Relay	2 girls	2 boys
6 Lap Paarlaf	2 girls	2 boys
Over / Under Relay	4 girls	4 boys
Grand Prix	4 girls	4 boys
Hurdles Relay	4 girls	4 boys
4 x 1 Lap Relay	4 girls	4 boys

Field Events

Jumps

Standing Long Jump	3 girls	3 boys
Standing Triple Jump	3 girls	3 boys
Vertical Jump	3 girls	3 boys

Agility

Balance Test	3 girls	3 boys
Hi-Stepper	3 girls	3 boys
Speed Bounce	3 girls	3 boys

Throws

Chest Push	2 girls	2 boys
Soft Javelin	2 girls	2 boys
Target Throw	2 girls	2 boys

Each team member is limited to three track events and two field events, with all athletes to compete in at least one track event. Please note that an athlete may do no more than one event from each of the field sections, i.e. jumps, agility, throws.

A number of non-scoring races will be run throughout the competition.

All athletes must wear trainers. Athletes will not be permitted to compete in bare feet or unsuitable footwear.

Should you have any questions with regards to the specific events or the format of the programme, please contact Sportshall Associates Ltd.



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Aviva Sportshall Fun in Athletics Festival - Programme

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

<i>On the track ...</i>	<i>... and in the field</i>
Obstacle Relay - girls Obstacle Relay - boys	
1 + 1 Lap Relay - girls 2 + 2 Lap Relay - girls	<i>round one - boys</i> St Long Jump, St Triple Jump, Vertical Jump, Balance Test, Hi-Stepper, Speed Bounce, Chest Push, Target Throw
1 + 1 Lap Relay - boys 2 + 2 Lap Relay - boys	<i>round one - girls</i> St Long Jump, St Triple Jump, Vertical Jump, Balance Test, Hi-Stepper, Speed Bounce, Chest Push, Target Throw
6 Lap Paarlauf - girls Over / Under Relay - girls	<i>round two - boys</i> St Long Jump, St Triple Jump, Vertical Jump, Balance Test, Hi-Stepper, Speed Bounce, Chest Push, Target Throw
Over / Under Relay - boys 6 Lap Paarlauf - boys	<i>round two - girls</i> St Long Jump, St Triple Jump, Vertical Jump, Balance Test, Hi-Stepper, Speed Bounce, Chest Push, Target Throw
Grand Prix - girls	<i>round three - boys</i> St Long Jump, St Triple Jump, Vertical Jump, Balance Test, Hi-Stepper, Speed Bounce
Grand Prix - boys	<i>round three - girls</i> St Long Jump, St Triple Jump, Vertical Jump, Balance Test, Hi-Stepper, Speed Bounce
Soft Javelin - girls Soft Javelin - boys	
Hurdles Relay - girls Hurdles Relay - boys	
4 x 1 Lap Relay - girls 4 x 1 Lap Relay - boys	