

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 2016 and must be at least 9 years of age on the day.

<i>Track Events</i>	<i>Number of athletes</i>	
Obstacle Relay	4 girls	4 boys
1 + 1 Lap Relay	2 girls	2 boys
2 + 2 Lap Relay	2 girls	2 boys
Hurdles Relay	4 girls	4 boys
Over / Under Relay	4 girls	4 boys
Grand Prix	4 girls	4 boys
6 Lap Paarlauf	2 girls	2 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
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.

Sportshall Fun in Athletics Festival - Programme

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

On the track ...

... and in the field

Obstacle Relay - girls
Obstacle Relay - boys

1 + 1 Lap Relay - girls
2 + 2 Lap Relay - girls

round one - boys
St Long Jump, St Triple Jump, Vertical Jump
Balance Test, Hi-Stepper, Speed Bounce
Chest Push, Javelin, Target Throw

1 + 1 Lap Relay - boys
2 + 2 Lap Relay - boys

round one - girls
St Long Jump, St Triple Jump, Vertical Jump
Balance Test, Hi-Stepper, Speed Bounce
Chest Push, Javelin, Target Throw

Hurdles Relay - girls
Over / Under Relay - girls

round two - boys
St Long Jump, St Triple Jump, Vertical Jump
Balance Test, Hi-Stepper, Speed Bounce
Chest Push, Javelin, Target Throw

Over / Under Relay - boys
Hurdles Relay - boys

round two - girls
St Long Jump, St Triple Jump, Vertical Jump
Balance Test, Hi-Stepper, Speed Bounce
Chest Push, Javelin, Target Throw

Grand Prix - girls

round three - boys
St Long Jump, St Triple Jump, Vertical Jump
Balance Test, Hi-Stepper, Speed Bounce

Grand Prix - boys

round three - girls
St Long Jump, St Triple Jump, Vertical Jump
Balance Test, Hi-Stepper, Speed Bounce

Under 9's races

6 Lap Paarlaf - girls
6 Lap Paarlaf - boys

4 x 1 Lap Relay - girls
4 x 1 Lap Relay - boys

Sportshall Regional Finals - Under 13 Team Challenge

(held in the spirit of the laws of UK Athletics)

Each County or District is invited to raise a team of 12 girls and 12 boys to take part in the regional final. All athletes must be under 13 years of age as at midnight 31st August / 1st September 2016 and must be at least 11 years of age on the day of competition.

Section A	Number of athletes
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2 Lap Race	2 girls 2 boys
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4 Lap Race	2 girls 2 boys
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6 Lap Time Trial	2 girls 2 boys
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4 x 1 Lap Relay	4 girls 4 boys
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Section B	
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Obstacle Relay	4 girls 4 boys
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8 Lap Paarlaf	2 girls 2 boys
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4 x 2 Lap Relay	4 girls 4 boys
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Section C	
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Shot	2 girls 2 boys
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Speed Bounce	2 girls 2 boys
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Standing Long Jump	2 girls 2 boys
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Standing Triple Jump	2 girls 2 boys
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Vertical Jump	2 girls 2 boys
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Each team member may compete in one event from each section.

A non-scoring 2 Lap Race will be run during the course of each 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.

Sportshall Regional Finals - Under 15 All-Rounder Competition

(held in the spirit of the laws of UK Athletics)

Each County or District is invited to raise a team of 7 girls and 7 boys to take part in the regional final. All athletes must be under 15 years of age as at midnight 31st August / 1st September 2016 and must be at least 13 years of age on the day of competition.

Each County must field 6 competitors to cover the events as listed below. The 7th competitor may be used for the Relay or Paarlauf and may contest one field event as a non-scorer.

The 6 competitors will each compete in three events, these to be chosen from each of the sections detailed below. A maximum of 3 competitors from each team may contest the same event. **Any athlete failing to complete their nominated events will be withdrawn from the entire competition.**

	Girls	Boys
Section A	2 Lap or 4 Lap	2 Lap or 4 Lap
Section B	St. Long Jump or Vertical Jump	St. Long Jump or St. Triple Jump
Section C	Speed Bounce or Shot	Speed Bounce or Shot

In addition to the individual events detailed above, teams will contest the following relays, with each competitor being restricted to competing in one relay only.

Relays	8 Lap Paarlauf (2 girls) 4 x 2 Lap Relay	8 Lap Paarlauf (2 boys) 4 x 2 Lap Relay
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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.

Sportshall Regional Final - Programme

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

The field events should be called in the order shown as each event area becomes clear.

Track	u13's field	u15's field
Obstacle Relay – u13 girls Obstacle Relay – u13 boys		
2 Lap Race – u13 girls - heats 2 Lap Race – u13 boys - heats 4 Lap Race – u13 girls - heats 4 Lap Race – u13 boys - heats 2 Lap Race – u13 non-scoring		St. Long Jump – girls Vertical Jump – girls Shot – boys Speed Bounce – boys
2 Lap Race – u15 girls - time trials 2 Lap Race – u15 boys - time trials 4 Lap Race – u15 girls - time trials 4 Lap Race – u15 boys - time trials 2 Lap Race – u15 non-scoring	St. Long Jump – girls St. Triple Jump – girls Vertical Jump – boys Shot – boys Speed Bounce – boys	
4 x 1 Lap Relay – u13 girls - finals 4 x 1 Lap Relay – u13 boys - finals 6 Lap Race – u13 girls - time trials 6 Lap Race – u13 boys - time trials 2 Lap Race – u13 girls - finals 2 Lap Race – u13 boys - finals 4 Lap Race – u13 girls - finals 4 Lap Race – u13 boys - finals		St. Long Jump – boys St. Triple Jump – boys Shot – girls Speed Bounce – girls
8 Lap Paarlauf – u15 girls - time trials 8 Lap Paarlauf – u15 boys - time trials 8 Lap Paarlauf – u13 girls - time trials 8 Lap Paarlauf – u13 boys - time trials	St. Long Jump – boys St. Triple Jump – boys Vertical Jump – girls Shot – girls Speed Bounce – girls	
4 x 2 Lap Relay – u13 girls - finals 4 x 2 Lap Relay – u13 boys - finals 4 x 2 Lap Relay – u15 girls - finals 4 x 2 Lap Relay – u15 boys - finals		

The day will conclude with medal presentations and the team results.

Sportshall Fun in Athletics & Sportshall Regional Final - Combined Programme

On the track ...

Obstacle Relay – u 11 girls
 Obstacle Relay – u11 boys
 Obstacle Relay – u13 boys
 Obstacle Relay – u13 girls

2 Lap Race – u13 girls - heats
 2 Lap Race – u13 boys – heats
 4 Lap Race – u13 girls – heats
 4 Lap Race – u13 boys - heats
 2 Lap Race – u13 non-scoring

2 Lap Race – u15 girls - time trials
 2 Lap Race – u15 boys - time trials
 4 Lap Race – u15 girls - time trials
 4 Lap Race – u15 boys - time trials
 2 Lap Race – u15 non-scoring

1 + 1 Lap Relay - u11 girls
 1 + 1 Lap Relay - u11 boys
 2 + 2 Lap Relay - u11 girls
 2 + 2 Lap Relay - u11 boys
 6 Lap Paarlaf - u11 girls
 6 Lap Paarlaf - u11 boys

4 x 1 Lap Relay – u13 girls - finals
 4 x 1 Lap Relay – u13 boys - finals
 6 Lap Race – u13 girls - time trials
 6 Lap Race – u13 boys - time trials
 2 Lap Race – u13 girls - finals
 2 Lap Race – u13 boys - finals
 4 Lap Race – u13 girls - finals
 4 Lap Race – u13 boys - finals

Hurdles Relay – u11 girls
 Hurdles Relay – u11 boys
 Over / Under Relay – u11 girls
 Over / Under Relay – u11 boys
 Grand Prix – u11 girls
 Grand Prix – u11 boys

8 Lap Paarlaf – u15 girls - time trials
 8 Lap Paarlaf – u15 boys - time trials
 8 Lap Paarlaf – u13 girls - time trials
 8 Lap Paarlaf – u13 boys - time trials

4 x 2 Lap Relay – u13 girls - finals
 4 x 2 Lap Relay – u13 boys - finals
 4 x 2 Lap Relay – u15 girls - finals
 4 x 2 Lap Relay – u15 boys - finals

4 x 1 Lap Relay – u11 girls
 4 x 1 Lap Relay – u11 boys

... and in the field

St. Long Jump – u15 girls
 Vertical Jump – u15 girls
 Shot – u15 boys
 Speed Bounce – u15 boys

St Long Jump – u11 girls
 St Triple Jump – u11 girls
 Vertical Jump – u11 girls
 Balance Test – u11 boys
 Hi-Stepper – u11 boys
 Speed Bounce – u11 boys

St. Long Jump – u13 girls
 St. Triple Jump – u13 girls
 Vertical Jump – u13 boys
 Shot – u13 boys
 Speed Bounce – u13 boys

St. Long Jump – u15 boys
 St. Triple Jump – u15 boys
 Shot – u15 girls
 Speed Bounce – u15 girls

St Long Jump – u11 boys
 St Triple Jump – u11 boys
 Vertical Jump – u11 boys
 Balance Test – u11 girls
 Hi-Stepper – u11 girls
 Speed Bounce – u11 girls

St. Long Jump – u13 boys
 St. Triple Jump – u13 boys
 Vertical Jump – u13 girls
 Shot – u13 girls
 Speed Bounce – u13 girls

Chest Push – u11 girls
 Javelin – u11 girls
 Target Throw – u11 girls

Chest Push – u11 boys
 Javelin – u11 boys
 Target Throw – u11 boys