**SPORTS HALL ATHLETICS – EVENT PLAN**

OUTLINE TIMETABLE

* 10am – Briefing
* 10.05am - Event first half: boys on track, girls on field events
* 11.20am – Break
* 11.30am - Event second half: girls on track, boys on field events
* 12.40pm – Javelin
* 12.55pm – Results and presentation

TRACK EVENTS

Undertaken in heats (if more than 4 teams) and sequentially

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| **RACE** | **NOTES** | **VIDEO ILLUSTRATION** |
| Individual 1 lap | 1 athlete per school x 1 lap | <https://youtu.be/k1t9L5uq6NY> - but we do it with a single runner |
| Individual 2 lap | 1 athlete per school x 2 laps | <https://youtu.be/k1t9L5uq6NY> - but we do it with a single runner doing 2 laps |
| 4-man team 1 lap relay | 4 athletes per school team x 1 lap each | <https://youtu.be/nEyvv2xCIj0>  |
| 4-man team 1 lap hurdles | 4 athletes per school team x 1 lap with hurdles each | As above with 4 x 1 lap but additionally with a hurdle to negotiate both ways either side of the start/finish line |
| 4-man team 1 lap over and under relay | 4 athletes per school team x 1 lap with hurdles and tunnel each | <https://youtu.be/dzuyNCJlCso>  |
| 4-man team 1 lap obstacle relay | 4 athletes per school team x 1 lap with obstacles each | <https://youtu.be/Z1EHmgIWOmI>  |
| 2-man team 6 lap paarlauf | 2 athletes per school team covering 6 laps between them with each athlete doing at least 1 of the 6 laps | <https://youtu.be/hvW8ZSEeKcA>  |

FIELD EVENTS

Undertaken simultaneously (except javelin which done altogether at the end of the event)

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| **DISCIPLINE** | **NOTES** | **VIDEO ILLUSTRATION** |
| Standing long jump | 3 athletes per school | <https://youtu.be/hoirCTr8wi4>  |
| Chest push | 3 athletes per school | <https://youtu.be/sRdmdcz1geU>  |
| Speed bounce | 3 athletes per school | <https://youtu.be/yhfsEgE9asI>  |
| Target throw | 3 athletes per school | <https://youtu.be/xpAsPEN3k9g>  |
| Vertical jump | 3 athletes per school | <https://youtu.be/SNl8ijnm-y8>  |
| Soft javelin | 3 athletes per school | <https://youtu.be/1geEDaQ5CG8>  |

PROCESS

Complete the attached team sheet and submit as a hard copy sheet to the organisers by hand at the start of the event