

SPORTS HALL ATHLETICS

Each primary school will compete in their cluster qualifying event, the winner of each cluster competition will progress onto the district final.

The winners of the district final will progress onto the county final.

Team Requirements

- Years 5 & 6
- Teams of 6 Boys and 6 Girls

Events

Track

2 x 1 Lap (2 athletes)

2 x 2 Lap (2 athletes)

6 Lap Paarlauf (2 athletes, a total of 6 laps must be completed, this can be done however the two competitors wish, e.g. one competitor may do 5 laps and the other 1 lap, they may choose to do a lap each in turn or even 3 laps apiece.)

6 x 1 Relay

6 x 1 Hurdle Relay

12 x 1 Lap Team Relay

Field

Standing Triple Jump

Standing Long Jump

Speed Bounce

Seated Chest Push

Foam Javelin

NB: These events are subject to change

Each child will take part in one track, one jump and one throw event and the relay

Scoring

- Track events will be timed – the best time from both heats will be awarded 1st position and points allocated accordingly. It is important that the children realize that they are running against a clock and although they may win their heat, the time on the clock may be slower than the other heat.
- Field Events – each athlete will have 2 attempts, with the exception of the speed bounce. The best score for each athlete will be combined and the highest aggregate score will be awarded 1st position.
- Speed Bounce – each athlete will have one attempt over a 30 second period, the score for each athlete will be combined.

- The total boy's team score will be combined with the girls team score, the school with the highest points overall will be awarded 1st position.