

## Event Format

The Sportshall Secondary Programme 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 athletes (girls or boys), with a maximum of eight athletes being permitted. All athletes are to be selected from school years 7 or 8. They may compete in a maximum of three track and two field events, drawn from the following:

#### On the track

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2 Lap Individual Race	each requiring two athletes
4 Lap Individual Race	
8 Lap Paarlaf	

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6 Lap Individual Race	requiring one athlete
Obstacle Relay	each requiring two athletes
4 x 2 Lap Relay	

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#### ... and in the field

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Shot	each requiring two athletes
Speed Bounce	
Standing Long Jump	
Standing Triple Jump	
Vertical Jump	

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### Additional Information

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 along with event and competition rules downloads.

## Event Programme – Boys and Girls - Single Age Group Match

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 – girls  
Obstacle Relay – boys  
(or 4 x 1 Lap Relay)

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2 Lap Individual Race (A+B Heats) – girls  
4 Lap Individual Race (A+B Heats) – girls

Shot, Standing Triple Jump (boys)

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2 Lap Individual Race (A+B Heats) – boys  
4 Lap Individual Race (A+B Heats) – boys

Shot, Standing Triple Jump (girls)

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6 Lap Individual Race – girls  
8 Lap Paarlaf – girls

Speed Bounce, Standing Long Jump, Vertical Jump  
(boys)

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6 Lap Individual Race – boys  
8 Lap Paarlaf – boys

Speed Bounce, Standing Long Jump, Vertical 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 lots of fun, we thank everyone and 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 Individual Races or the 6 lap and 8 lap Paarlaf 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.

## Event Programme – Boys and Girls - Double Age Group Match

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 – girls  
Obstacle Relay – boys  
(or 4 x 1 Lap Relay)

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2 Lap Individual Race (A+B Heats) – girls  
4 Lap Individual Race (A+B Heats) – girls

Shot, Standing Triple Jump  
(year 7 boys)  
Speed Bounce, Standing Long Jump, Vertical Jump  
(year 8 boys)

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2 Lap Individual Race (A+B Heats) – boys  
4 Lap Individual Race (A+B Heats) – boys

Shot, Standing Triple Jump  
(year 7 girls)  
Speed Bounce, Standing Long Jump, Vertical Jump  
(year 8 girls)

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6 Lap Individual Race – girls  
8 Lap Paarlaf – girls

Shot, Standing Triple Jump  
(year 8 boys)  
Speed Bounce, Standing Long Jump, Vertical Jump  
(year 7 boys)

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6 Lap Individual Race – boys  
8 Lap Paarlaf – boys

Shot, Standing Triple Jump  
(year 8 girls)  
Speed Bounce, Standing Long Jump, Vertical Jump  
(year 7 girls)

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

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## Event Programme – Boys or Girls Only Match

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 – year 7  
Obstacle Relay – year 8  
(or 4 x 1 Lap Relay)

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2 Lap Individual Race (A+B Heats) – year 7  
4 Lap Individual Race (A+B Heats) – year 7

Shot, Standing Triple Jump  
(year 8)

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2 Lap Individual Race (A+B Heats) – year 8  
4 Lap Individual Race (A+B Heats) – year 8

Shot, Standing Triple Jump  
(year 7)

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6 Lap Individual Race – year 7  
8 Lap Paarlaf – year 7

Speed Bounce, Standing Long Jump, Vertical Jump  
(year 8)

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6 Lap Individual Race – year 8  
8 Lap Paarlaf – year 8

Speed Bounce, Standing Long Jump, Vertical Jump  
(year 7)

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4 x 2 Lap Relay – year 7  
4 x 2 Lap Relay – year 8

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