

Event Format

The Sportshall Primary Programme provides an exciting and highly popular introduction to athletics competition. The following notes provide an overview of the competition and set out the team requirements.

Team Information

School teams should consist of a minimum of 9 girls and 9 boys, with a maximum of 15 girls and 15 boys being permitted. They may compete in a maximum of two track and two field events, drawn from the following:

On the track

1 + 1 Lap Relay	
2 + 2 Lap Relay	each requiring two girls & two boys
6 Lap Paarlaf	

Obstacle Relay	
Over / Under Relay	each requiring four girls & four boys
4 x 1 Lap Relay	

... and in the field

Chest Push	
Soft Javelin	
Speed Bounce	each requiring three girls & three boys
Standing Long Jump	
Standing Triple Jump	
Vertical Jump	

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 for further details along with event and competition rules downloads.



Event 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	Chest Push, Standing Long Jump, Standing Triple Jump, Vertical Jump (boys – first round)
1 + 1 Lap Relay – boys 2 + 2 Lap Relay – boys	Chest Push, Standing Long Jump, Standing Triple Jump, Vertical Jump (girls – first round)
6 Lap Paarlauf – girls	Chest Push, Standing Long Jump, Standing Triple Jump, Vertical Jump (boys – second round)
6 Lap Paarlauf – boys	Chest Push, Standing Long Jump, Standing Triple Jump, Vertical Jump (girls – second round)
Over / Under Relay – girls	Chest Push, Standing Long Jump, Standing Triple Jump, Vertical Jump (boys – round three)
Over / Under Relay – boys	Chest Push, Standing Long Jump, Standing Triple Jump, Vertical Jump (girls – round three)
Soft Javelin – girls Soft Javelin – boys	Speed Bounce – boys Speed Bounce – girls
4 x 1 Lap Relay – girls 4 x 1 Lap Relay – boys	

And having had lots of fun, we thank everyone and finish with presentations to all the teams!



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