**SPORTSHALL ATHLETICS YR 5/6**

**Friday 1st December**

**Featherstone High School**

**Registration: 10.00am**

**Competition: 10.30am – 3.00pm**

**Team Information:**

* Teams must consist of 12 competitors.
* 6 Boys and 6 girls
* Schools must provide SSP organiser a completed declaration sheet at the start of the event.
* No athlete is permitted to complete more than one track race, one relay and one field event.

**Competition Format:**

* Please ensure you read the **Sportshall Athletics Manual** for full details on the rules for each event.
* **Track Races:** (One boy + One girl): 1+1 Lap, 2+2 lap, 6 lap Paarlauf
* **Track Relays:** (Two boys + Two Girls) 4x1 Lap Relay, 4x1 Lap Over/Under Relay, 4x1 Obstacle Relay.
* **Field Event:** (One Boy + One Girl) Standing Long Jump, Standing Triple Jump, Vertical Jump, Chest Push, Soft Javelin Throw, Speed Bounce.
* **IMPORTANT NOTE;** Athletes are not allowed to Forward Roll in the Over/Under or Obstacle Relay race. Batons / Bean bags should be exchanged.
* The time or distance for each event is measured against a standard point scoring table and the better the performance the higher the points scored. (because you win your race does not mean you have the quickest time)
* The top 2 team will be invited to take part in the Ealing Finals on Tuesday 30th January.

**Teacher’s guidance:**

Details of all events, including full explanation and teaching points can be found on the Sportshall Website; www.sportshall.org