

Aviva Sportshall Secondary

Event Format – Adapted for 200m Track Sheffield City & South Yorkshire Finals

The Aviva 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 7/8 & 9/10. They may compete in a maximum of three track and two field events, drawn from the following:

On the track

60m Race	
200m Race	each requiring two athletes
2 Lap Paarlauf (200m+200m)	
600m Lap Race	requiring one athlete
Obstacle Relay	
4 x 100m Relay	each requiring four athletes

... and in the field

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

Additional Information

Please note that athletes will not be permitted to compete in bare feet or unsuitable footwear (no spikes). The Sportshall handbook incorporates details of all the field events, including a full explanation of each event together with some teaching points. Track races will use standard athletics competition rules (with curved line starts, athletes then running in lane 1). Visit www.sportshall.org for further details and downloads of competition rules.

* The obstacle relay will be contested on the 60m straight with cones for Reversaboards

Aviva Sportshall Secondary

Event Programme – Boys and Girls - Single Age Group Match Adapted for 200m Track

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

60m Race – girls
200m Race – girls

Shot, Standing Triple Jump, Vertical Jump
(boys)

60m Race – boys
200m Race – boys

Shot, Standing Triple Jump, Vertical Jump
(girls)

600m Race – girls
2 Lap Paarlauf (200m + 200m) – girls

Speed Bounce, Standing Long Jump
(boys)

600m Race – boys
2 Lap Paarlauf (200m + 200m) – boys

Speed Bounce, Standing Long Jump
(girls)

4 x 100m Relay – girls
4 x 100m Relay – boys

And having had a great competition, we 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 60m and 200m events or the 600m and 2 Lap Paarlauf 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.

Aviva Sportshall Secondary

Event Programme – Boys and Girls - Double Age Group Match Adapted for 200m Track

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

60m Race – girls
200m Race – girls

Shot, Standing Triple Jump
(year 7/8 boys)
Speed Bounce, St Long Jump, Vertical Jump
(year 9/10 boys)

60m Race – boys
200m Race – boys

Shot, Standing Triple Jump
(year 7/8 girls)
Speed Bounce, St Long Jump, Vertical Jump
(year 9/10 girls)

600m Race – girls
2 Lap Paarlauf (200m + 200m) – girls

Shot, Standing Triple Jump
(year 9/10 boys)
Speed Bounce, St Long Jump, Vertical Jump
(year 7/8 boys)

600m Race – boys
2 Lap Paarlauf (200m + 200m) – boys

Shot, Standing Triple Jump
(year 9/10 girls)
Speed Bounce, St Long Jump, Vertical Jump
(year 7/8 girls)

4 x 100m Relay – girls
4 x 100m Relay – boys

And having had a great competition, we 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 60m and 200m events or the 600m and 2 Lap Paarlauf 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.