

Fun In Athletics – Junior Grades Competition

Event Schedule

<u>RELAY EVENTS</u>	<u>FIELD EVENTS</u>
Obstacle Relay: 4 GIRLS Obstacle Relay: 4 BOYS	The field events will begin after the Obstacle Relays have finished.
2 x 2 Lap Relay: 2 GIRLS 4 x 1 Lap Relay: 4 GIRLS	Round One: BOYS Chest Push, Sitting Throw Standing Long Jump, Standing Triple Jump Vertical Jump, Target Throw, Balance Test
2 x 2 Lap Relay: 2 BOYS 4 x 1 Lap Relay: 4 BOYS	Round One: GIRLS Chest Push, Sitting Throw Standing Long Jump, Standing Triple Jump Vertical Jump Target Throw, Balance Test
6 Lap Paarlauf: 2 GIRLS Over / Under: 4 GIRLS	Round Two: BOYS Chest Push, Sitting Throw Standing Long Jump, Standing Triple Jump Vertical Jump, Target Throw, Balance Test
Over / Under: 4 BOYS 6 Lap Paarlauf: 2 BOYS	Round Two: GIRLS Chest Push, Sitting Throw Standing Long Jump, Standing Triple Jump Vertical Jump, Target Throw, Balance Test
Speed Bounce: 3 GIRLS	Round 3: BOYS Standing Long Jump, Standing Triple Jump Vertical Jump, Balance Test Caber: 2 BOYS
Speed Bounce: 3 BOYS	Round 3: GIRLS Standing Long Jump, Standing Triple Jump Vertical Jump, Balance Test Caber: 2 GIRLS
Soft Javelin: 2 GIRLS Soft Javelin: 2 BOYS	
Grand Prix: 4 Girls Grand Prix: 4 Boys	

The event will conclude with recognitions and presentations

RELAYS:

1. **OBSTACLE RELAY:** A four-person relay that starts near a turnaround point and finishes in the middle...the obstacles are composed of Speed Bounce, Tunnel and Hi-Stepper. This is a fast, scramble style of relay with time penalties added for missed obstacles.
2. **2 x 2 RELAY:** A two-person relay which starts and finishes at the middle of the relay corridor, with each runner sprinting two lap. This is a pure speed or sprint relay.
3. **4 x 1 RELAY :** A four-person relay, which starts and finishes in the middle of the relay corridor. Each runner sprints one lap – this is a speed and quick turnaround relay.
4. **6 LAP PAARLAUF:** A two-person relay, which starts and finishes in the middle of the relay corridor. The baton must travel the 6 laps – so the arrangement between the two runners is a team choice (e.g. 3+3, 1+2+2+1, 1+1+1...). This tends to be a sprint-endurance relay best suited for athletes with running experience.
5. **OVER-UNDER RELAY:** A four-person relay involving hurdles and tunnels. The start is near a turnaround point and the finish is in the middle...this tends to be a very fast relay.
6. **GRAND PRIX RELAY:** A four-person relay conducted at the end of the competition; essentially an over-under style in an oval or circle around the gym. This is a fast and exciting relay requiring an ability to scramble and maintain focus.

JUMPS:

- **STANDING LONG JUMP:** The classic jump (two-legged takeoff and landing) whereby each team member takes three jumps and is scored with their best effort.
- **STANDING TRIPLE JUMP:** A more complex jump (hop, stride, jump) from a standing position with the best of three jumps being scored for each jumper.
- **VERTICAL JUMP:** Another classic fitness test; a two legged takeoff for a vertical reach. The best of three leaps are scored for each jumper.

AGILITY:

- **SPEED BOUNCE:** Quickness and agility fitness challenge, this event is essentially a lateral leap over a foam wedge for 20 seconds. The total number of jumps is recorded.
- **BALANCE TEST:** A balance and stability challenge; each athlete strives to stay on the bar for a maximum of fifteen seconds for right and left legs, two efforts each.

THROWS:

- **CHEST PUSH:** A medicine ball throw for distance; akin to a basketball chest pass. The best of three throws are scored for each thrower.
- **SITTING THROW:** A two-handed overhead throw with a lightweight ball; involving a seated position and fixed foot position. The best of three throws are scored for each thrower.
- **TARGET THROW :** An accuracy throw involving coloured bean-bags and target dishes. The scores for each dish are added up to produce a total for each thrower.
- **SOFT JAVELIN:** An overhead throw for distance using a foam javelin. Requiring some skill and familiarity, the best of three throws is scored for each thrower.
- **CABER TOSS:** An adaptation of the classic Celtic event, whereby a long pole is flipped and measured. This is adapted for accuracy and technique, with the best of three throws being recorded for each thrower.