



# FUN IN ATHLETICS ELEMENTARY SCHOOLS TEAM COMPETITION for Grade 7 & 8



## EVENTS OVERVIEW

This Fun In Athletics Competition consists of four - six teams competing in a multi event schedule. Each team consists of at least 12 girls and 12 boys, with a maximum of 15 girls and 15 boys.

The events are divided into running relays and field events, are as follows:

### **RUNNING RELAYS:**

### **NUMBER OF ATHLETES REQUIRED**

• OBSTACLE RELAY	4 Girls	4 Boys
• 4 x 2 LAP RELAY	4 Girls	4 Boys
• 4 x 1 LAP RELAY	4 Girls	4 Boys
• 6 LAP PAARLAUF	2 Girls	2 Boys
• OVER-UNDER RELAY	4 Girls	4 Boys
• 4 x 1 HURDLE RELAY	4 Girls	4 Boys
• GRAND PRIX RELAY	4 Girls	4 Boys

### **FIELD EVENTS SECTION 1: JUMPS**

• STANDING LONG JUMP	3 Girls	3 Boys
• STANDING TRIPLE JUMP	3 Girls	3 Boys
• VERTICAL JUMP	3 Girls	3 Boys

### **FIELD EVENTS SECTION 2: AGILITY & BALANCE**

• SPEED BOUNCE	3 Girls	3 Boys
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### **FIELD EVENTS SECTION 3: THROWS**

• CHEST PUSH	3 Girls	3 Boys
• LINEAR SHOT	2 Girls	2 Boys
• SOFT JAVELIN	2 Girls	2 Boys

Each team member is limited to a maximum of 2 Running Events and 2 Field Events. In addition, the 2 Field Event entries must be from the three different sections; for example one throw and one agility event. All athletes must be prepared to compete with proper footwear and appropriate clothing.

For further information on team structure and entries please contact the IFTA office.