

Fun In Athletics Elementary Schools Intermediate GRADES Team Competition

All FIA COMPETITIONS begin with a short welcome and introduction of the teams

Instructions: Fill in the students' names under the event they will be participating in. Each student is limited to a maximum of 2 Running Events and 2 Field Events. Students may not participate in 2 different field events in the same round.

Athletes Events / Running Order

RELAY EVENTS

FIELD EVENTS

<p style="text-align: center;">Obstacle Relay – 4 x GIRL</p> <p>_____ , _____ , _____ , _____</p> <p style="text-align: center;">Obstacle Relay – 4 x BOYS</p> <p>_____ , _____ , _____ , _____</p>	<p style="text-align: center;"><i>The field events will begin after the Obstacle Relays have finished.</i></p>
<p style="text-align: center;">4 x 2 Lap Relay – 4 x GIRLS</p> <p>_____ , _____ , _____ , _____</p> <p style="text-align: center;">4 x 1 Lap Relay – 4 x GIRLS</p> <p>_____ , _____ , _____ , _____</p>	<p style="text-align: center;">Round One – BOYS</p> <p style="text-align: center;"><i>Chest Push,</i></p> <p style="text-align: center;">_____</p> <p style="text-align: center;"><i>Standing Long Jump,</i></p> <p style="text-align: center;">_____</p> <p style="text-align: center;"><i>Standing Triple Jump</i></p> <p style="text-align: center;">_____</p> <p style="text-align: center;"><i>Vertical Jump</i></p> <p style="text-align: center;">_____</p>
<p style="text-align: center;">4 x 2 Lap Relay – 4 x BOYS</p> <p>_____ , _____ , _____ , _____</p> <p style="text-align: center;">4 x 1 Lap Relay – 4 x BOYS</p> <p>_____ , _____ , _____ , _____</p>	<p style="text-align: center;">Round One – Girls</p> <p style="text-align: center;"><i>Chest Push</i></p> <p style="text-align: center;">_____</p> <p style="text-align: center;"><i>Standing Long Jump</i></p> <p style="text-align: center;">_____</p> <p style="text-align: center;"><i>Standing Triple Jump</i></p> <p style="text-align: center;">_____</p> <p style="text-align: center;"><i>Vertical Jump</i></p> <p style="text-align: center;">_____</p>

<p>6 Lap Paarlauf - 2 x GIRLS</p> <p>_____ , _____</p> <p>Over / Under – 4 GIRLS</p> <p>_____ , _____ , _____ , _____</p>		<p>Round Two – BOYS</p> <p>Chest Push,</p> <p>_____</p> <p>Standing Long Jump,</p> <p>_____</p> <p>Standing Triple Jump</p> <p>_____</p> <p>Vertical Jump</p> <p>_____</p>
<p>Over / Under – 4 BOYS</p> <p>_____ , _____ , _____ , _____</p> <p>6 Lap Paarlauf - 2 x BOYS</p> <p>_____ , _____ , _____ , _____</p>		<p>Round Two – GIRLS</p> <p>Chest Push,</p> <p>_____</p> <p>Standing Long Jump,</p> <p>_____</p> <p>Standing Triple Jump</p> <p>_____</p> <p>Vertical Jump</p> <p>_____</p>
<p>4 x 1 Hurdle Relay GIRLS</p> <p>_____ , _____</p> <p>_____ , _____</p>		<p>Round Three – BOYS</p> <p>Standing Long Jump,</p> <p>_____</p> <p>Standing Triple Jump</p> <p>_____</p> <p>Vertical Jump</p> <p>_____</p> <p>Linear Shot 2 x BOYS</p> <p>_____ , _____</p>

<p>4 x 1 Hurdle Relay Boys</p> <p>_____ , _____</p> <p>_____ , _____</p>		<p>Round Three – GIRLS</p> <p><i>Standing Long Jump,</i></p> <p>_____</p> <p><i>Standing Triple Jump</i></p> <p>_____</p> <p><i>Vertical Jump</i></p> <p>_____</p> <p>Linear Shot 2 x GIRLS</p> <p>_____ , _____</p>
<p>Speed Bounce – 3 x GIRLS</p> <p>_____ , _____</p> <p>_____</p>		<p>Speed Bounce – 3 x BOYS</p> <p>_____ , _____</p> <p>_____</p>
<p>Soft Javelin – 2 x GIRLS</p> <p>_____ , _____</p>		<p>Soft Javelin – 2 x BOYS</p> <p>_____ , _____</p>
<p>Medley Relay – 4 x GIRLS</p> <p>_____ , _____ , _____ , _____</p> <p>Medley Relay – 4 x BOYS</p> <p>_____ , _____ , _____ , _____</p>		