

Sustainable Skills and Fitness Programs for schools and communities

By George Bunner MBE

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Fitness Monitoring and Sustainable Programming

By George Bunner MBE

Fitness monitoring is not a new concept but most of the programmes I have seen have drawbacks. The most important thing is that the chosen system should be simple and not require “expert” application, expensive equipment or medical attendance.

To my mind the Agility Challenge meets the need perfectly and I have been using the system successfully for about 15 years.

This document sets out some of the ways that my associates and I have successfully used the Agility Challenge as the core for sustainable skills and fitness development. I am a firm believer that successful programs have to be practical to implement. For this reason all the work detailed in this document has been thoroughly tried and test by myself and colleagues in a wide variety of geographical and social situations.

I organise and run a local Athletics club in my village called the ‘Frodsham Harriers’ where we have regular attendances on Tuesday evenings in winter involving over 50 children. When doing the Agility Challenge, we divide them into two groups of 25 plus and test one group on five of the events and the second group on the other five events. We know from experience that a group of 25 plus can complete five events within 40 minutes which fits nicely into a teaching session. We have organised the programme using the older children from the year above as the officials/measurers, to whom it provided an excellent exercise in responsibility and leadership.

Alternatively the tests can be done one or two at a time say in the lunch break or at a playtime.

You will see from these tests that the average fitness score for the girls in the group was 311.45 points and for the boys 332.36 points, whilst the average for the whole group was 321.9 points. We repeat the tests at intervals of three or four months to enable us to monitor how each individual and the group as a whole is progressing and we can use these figures to compare our group with groups from other communities. You will therefore realise that it would be easy to develop a monitoring programme into a district

initiative enabling an authority to compare groups and individuals against agreed norms for a district. They could also compare year to year records for improving or deteriorating averages. Eventually the average fitness levels related to age bands for the whole of the province or country could be determined, monitored and made available to schools.

The ultimate target would be for every child in Canada to have a fitness score related to their age and gender which they could work to improve and for the schools to award merit marks for personal improvement measured both against a child's own ability and for the child achieving agreed National Norms.

George Bunner

George Bunner is recognised as a world leading authority in developmental sporting activities for children. He was awarded the MBE by Queen Elizabeth II in 2001 for his services to sport, has served as chair to the AAA of England and is a consultant on the IAAF Junior Development Committee.

Cross – Community Athletics

By

George Bunner MBE

Developing School to School Links Through Sport

Advancements in modern technology have made competition by communication a reality and easy to organise.

Joint sporting programmes for schools wishing to form partnerships with schools within the same nation or with schools in other countries is now a simple matter irrespective of the distance by which they are separated.

To this end the Agility Challenge Package is a perfect medium for it can accommodate mass participation thus enabling all school members to take part in an enjoyable twin school sporting programme without the need for specialised sports facilities or for travelling to a common venue

The Agility Challenge is presented in three formats.

1. The Triathlon

The Triathlon includes three tests of basic skill

- (i) The Balance Test
- (ii) The Standing Long Jump
- (iii) The Speed Bounce

2. The Pentathlon

This includes five basic skills adding two additional tests to the Triathlon.

- (iv) The Target Throw (Primary Age Group)
or The Chest Push (Secondary Age Group)
- (v) Hi-Stepper

3. The Decathlon

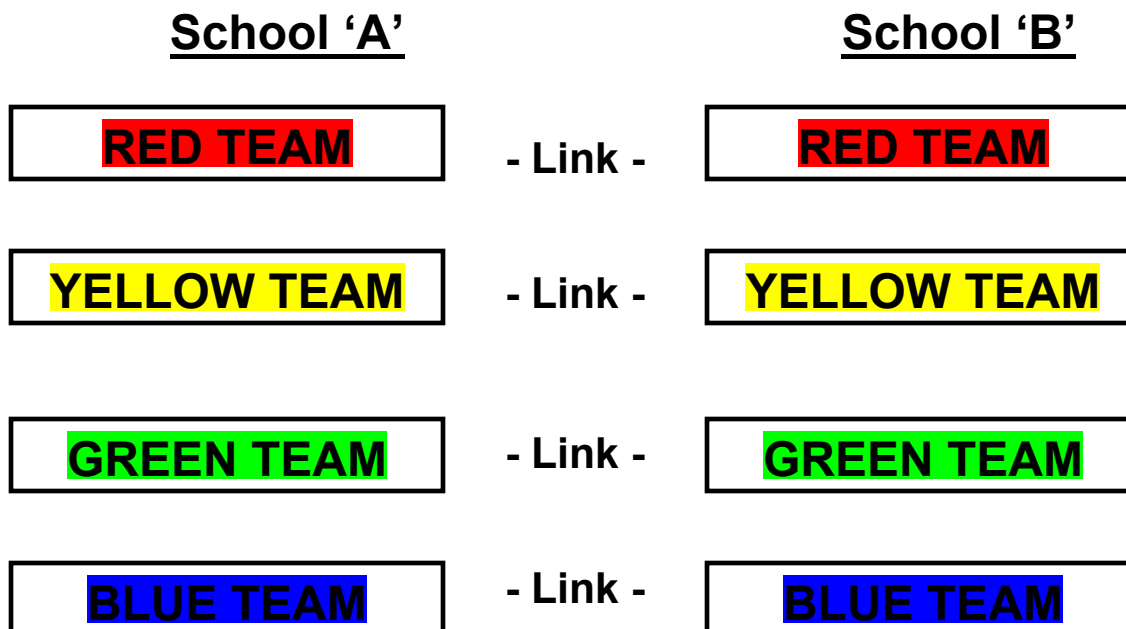
Five more tests are added to those of the Pentathlon

- (vi) The Chest Push (Primary Age Group)
or The Overhead Heave (Secondary Age Group)
- (vii) The Vertical Jump
- (viii) The 10 x 10 mtr Shuttle Run
- (ix) The Soft Javelin (Primary Age Group)
or The Turbo Javelin (Secondary Age Group)
- (x) The Standing Triple Jump

The concept is not to compete one school against the other but for the two schools to form partnerships between their “house teams”.

The Format

Each school divides its students into teams, say:-
RED, YELLOW, GREEN and BLUE and each team is coupled with a partner in the other school so that half of each team is in school 'A' and the other half in school 'B'.



The programme in the two schools can be run simultaneously or at differing times.

Team Structure

Teams can contain any number of members so no child needs to be left out. They can be all girls teams, all boys teams or mixed teams. It is not necessary for all the teams to be the same size.

Scoring Members

The organisers must mutually agree the nominated number to score in the team competition but all the children in each team participate. For Example:-

Team Size		Number to score in each event
Team of 8		Best 6
Team of 15		Best 10
Mixed Team say 4 Girls and 4 Boys		Best 3 Girls and 3 Boys
Mixed Team say 8 Girls and 8 Boys		Best 5 Girls and 5 Boys
Large Team with say 30 members or more		Best 20

The number nominated to make up a team does not have to be an exact number, therefore, should a team member feel poorly or fail to turn up on the day the team is not handicapped because the system of reserves or substitutes is already built into the scoring method.

The advantage of using one of the multi-event Agility Challenges as a basis for the competition is that the wide range of skills involved provides an increased opportunity for all children to find at least one event at which they excel.

The use of the limited member scoring system for each separate test avoids any team member being pinpointed as letting the team down.

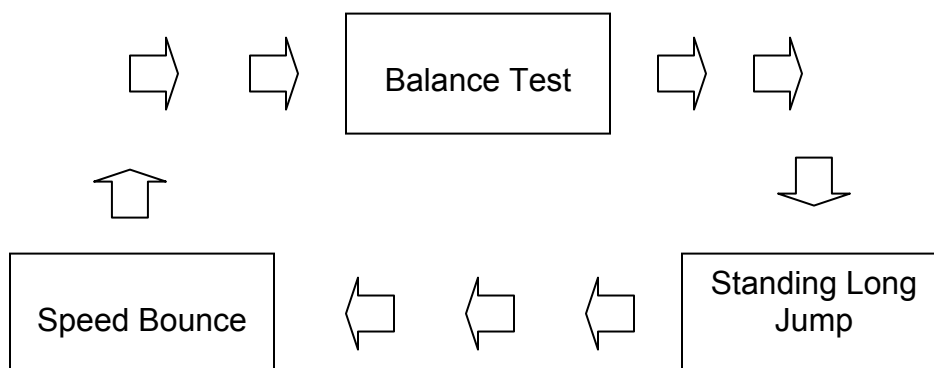
Programme Organisation

The programme can be organised on a flow system examples of which follow but the tests do not necessarily need to be done in a single session because the schools are not competing against each other but within their own house system.

Time Required

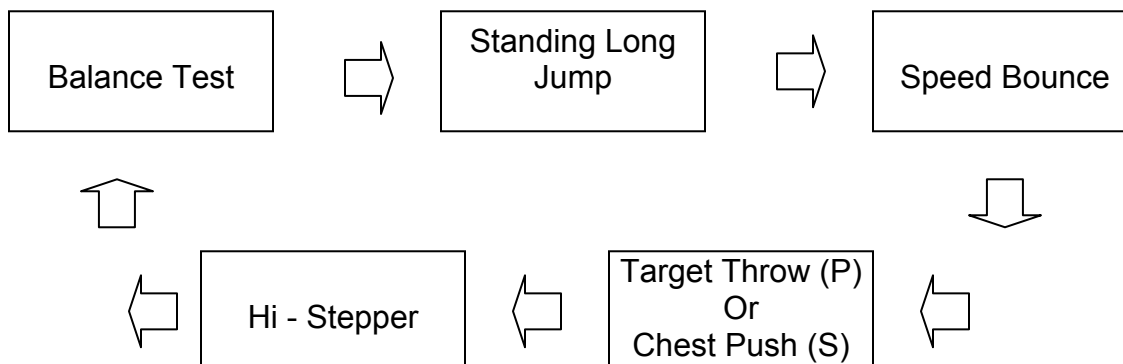
The following are some guidelines on the time required.

Triathlon



Using a flow system a class of 30 children divided into 3 groups with ten children starting each of the events can be completed in approximately 40 minutes.

Pentathlon

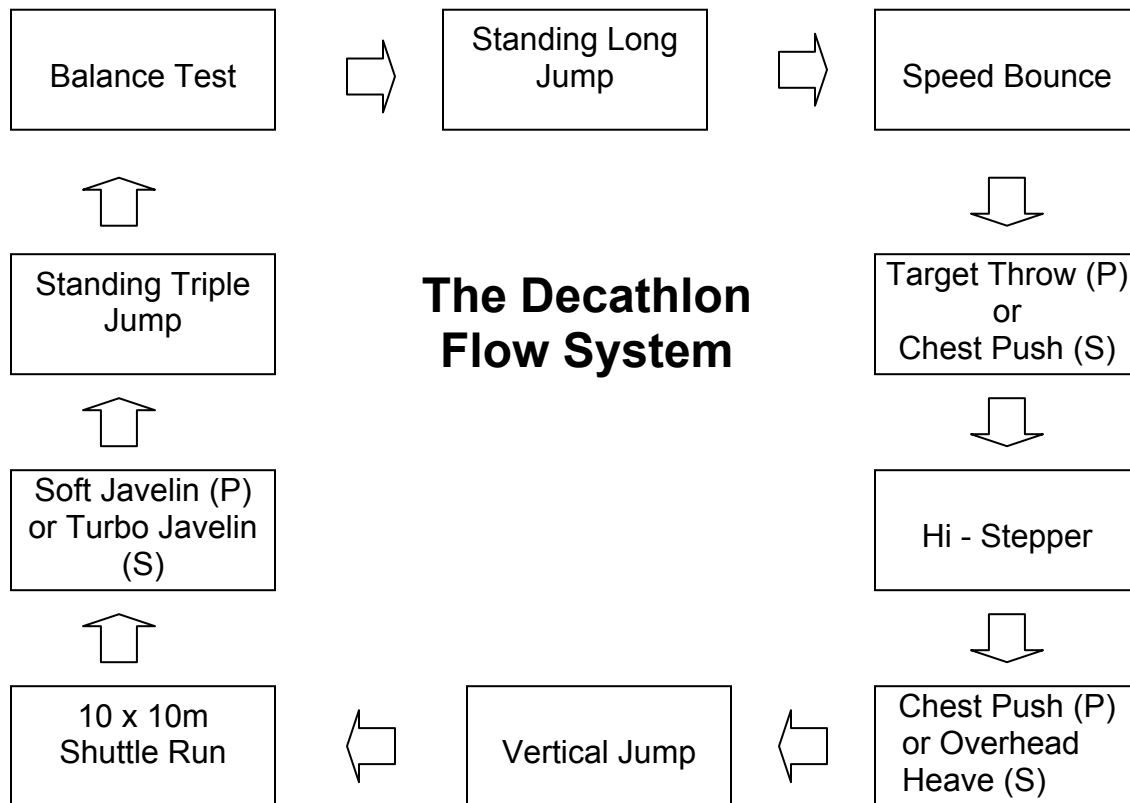


For a class of 30 using the flow system and starting with 6 children sent to each event the programme would take about 50 minutes (The extra 10 minutes delay being caused by the Target Throw which takes more time than the other events to complete).

Mass Participation Sportsday

There are of course many formats that can be agreed but it is interesting to record that on a number of occasions Giant Decathlon international Cross – Community events including 10 teams each of 8 girls and 8 boys at each of two venues have been completed in 2 ½ to 3 hours.

Two sets of decathlon equipment were in use at each venue and the mobile phones and email provided simultaneous results exchange and monitoring.



P – Primary School Activity

S – Secondary School Activity

Score Cards

Examples of score cards and judging cards are available from the CD provided with this package.

For events involving a small number of children i.e. a class to class event individual cards may be used but for the larger school to school programme group scoring cards are required. The system is explained under the event planning section.

Fitness Monitoring

The programme may also be used for an individual or group fitness monitoring programme which is explained in a separate section.

Educational Opportunities

- Team based competition
- Broad range of disciplines
- Cater for children of all abilities
- Important non-athletic roles
- Mass participation allowing all children to take part in a team event.
- Can be held indoors or outdoors
- Can be linked to an award scheme monitoring individual achievement and improvement.
- Data collection
 - Cross-curricular links
 - Guide to general fitness levels
 - Local Authority Health Monitoring Schemes

And when schools from different countries are involved:-

- Cultural exchange between the team clusters
- Gives a purpose to correspondence and the learning of languages

Difficulties the programme can overcome

- The need to travel long distances or to a central venue
- The need for a specialised sporting facility
- Difference in school years (ie England, Scotland and Northern Ireland are all different)
- Biased scoring

Non – Aggressive Competition (A paradox)

Interestingly the programme is unique in that it presents a form of non – aggressive competition.

It has been noticed that when using the flow system with the children moving around the events with their own team mates they were actually encouraging each other to do better for the sake of the teams' overall score thus creating a pleasant, competitive but non-aggressive atmosphere.

IFTA Scoring Package

A CD is available from IFTA providing:-

- Rules for Competition
- IFTA individual event scoring tables
- Organisation and Programme Planning
- Judges Cards
- Computerised Scoring Disc
- Manual Scoring System

Group: Frodsham Harriers**DATE NOVEMBER 2005**

Name	Age	Sex	St Long Jump	Speed Bounce	Soccer Throw	Hi - Stepper	Chest Push	Total	Standing Triple Jump	10X10 Metre	Soft Javelin	Balance Test	Vertical Jump	Total	Total
Rachel	10	G	1.68	42	4.75	15.8	4.75		5.26	33.7	7.00	31	33		342
			44	40	26	39	31	180	46	21	20	40	35	162	
Emily	10	G	1.48	39	5.25	17.7	5.00		4.03	34.6	6.00	33	29		281
			30	37	31	24	33	155	19	19	16	42	30	126	
Amelia	9	G	1.42	33	4.50	18.2	3.25		3.62	36.0	7.00	17	26		215
			24	31	23	23	13	114	13	16	20	26	26	101	
Emma	9	G	1.40	34	4.75	16.6	4.00		4.31	34.6	7.50	30	33		272
			23	32	26	31	22	134	25	19	20	39	35	138	
Emma	9	G	1.46	47	4.75	15.2	4.25		4.78	33.2	9.00	36	32		336
			28	47	26	45	25	171	36	23	27	45	34	165	
Jess	9	G	1.72	48	5.25	16.0	4.25		4.78	32.1	8.50	46	37		372
			46	49	31	37	25	188	36	28	24	55	41	184	
Grace	9	G	1.46	43	4.75	17.0	4.75		3.78	34.3	8.50	38	30		291
			28	41	26	28	31	154	15	20	24	47	31	137	
Hollie	9	G	1.52	44	6.00	15.5	4.75		4.55	32.9	11	33	31		350
			34	42	38	42	31	187	32	24	33	42	32	163	
Sophie	9	G	1.64	43	5.00	15.7	5.25		4.40	31.5	7.00	53	40		375
			42	41	29	40	36	188	28	31	20	62	46	187	
Chloe	10	G	1.60	34	5.75	18.0	4.75		3.97	31.2	10	21	31		305
			40	32	36	23	31	162	18	33	30	30	32	143	
Lucy	9	G	1.34	44	4.50	16.0	5.00		3.18	33.8	8.00	36	33		287
			20	42	23	37	33	155	7	21	24	45	35	132	

GIRLS**GIRLS TOTAL****3426****Note:****GIRLS AVERAGE****311.45**

These are the actual results of some girls who attended the Frodsham Harriers in November 2005.

This format can very easy to use and ideal to record and track the fitness of a school class.

Group: Frodsham Harriers**DATE NOVEMBER 2005**

Name	Age	Sex	St Long Jump	Speed Bounce	Soccer Throw	Hi - Stepper	Chest Push	Sub Total	Standing Triple Jump	10X10 Metre	Soft Javelin	Balance Test	Vertical Jump	Sub Total	Total
Steve	9	B	1.66	43	5.50	14.8	4.50		4.59	32.6	11.00	51	35		384
			43	41	34	49	28	195	32	26	33	60	38	189	
Jamie	9	B	1.62	43	4.75	16.3	5.25		5.02	37.0	8.00	15	33		314
			41	41	26	34	36	178	41	14	24	22	35	136	
Mark	9	B	1.44	33	6.00	16.5	5.00		3.93	32.7	10.00	29	32		305
			26	31	38	32	33	160	18	25	30	38	34	145	
Lloyd	9	B	1.62	42	5.75	16.4	5.50		4.73	30.6	11	10	36		331
			39	40	36	33	34	182	32	37	28	12	40	149	
Hugo	9	B	1.62	39	6.00	15.8	5.75		4.36	33.5	11.00	12	23		303
			39	37	38	39	36	189	25	23	28	16	22	114	
George	9	B	1.46	35	5.50	16.8	4.50		4.34	32.1	12	18	32		291
			27	33	34	29	24	147	24	28	31	27	34	144	
Joe	9	B	1.77	40	6.00	17.5	5.50		4.87	29.7	12.00	24	33		356
			45	38	38	25	34	180	34	43	31	33	35	176	
James	9	B	1.74	30	5.00	17.1	4.75		4.22	37.0	8.00	42	24		290
			44	28	29	27	27	155	23	14	24	51	23	135	
Elijah	9	B	1.62	37	6.00	15.1	5.25		4.42	33.3	9.50	21	26		316
			39	35	38	45	32	189	26	23	22	30	26	127	
James	10	B	1.92	45	5.25	14.7	5.50		5.16	30.5	13.00	27	41		400
			50	43	31	48	34	206	39	38	34	36	47	194	
Robert	10	B	1.62	45	5.75	16.3	5.50		4.97	29.4	13.50	20	35		366
			39	43	36	34	34	186	36	43	34	29	38	180	

BOYS**BOYS TOTAL****3656****BOYS AVERAGE****332.36****Note:**

These are the actual results of some boys who attended the Frodsham Harriers in November 2005.

This format can very easy to use and ideal to record and track the fitness of a school class.

Organisation

Summary

School to School Link

Small Event

- Consider a competition involving two classes, one from each school with approximately 30 children in each.
- Decide on the facility to be used – will the event be held indoors or out of doors?
- Divide each class as previously explained into four teams – Red, Yellow, Green, Blue – with 7 to 8 children in each.
- Decide which of the Agility Challenges is to be used bearing in mind that the more disciplines included the greater the opportunity for each child to find something at which they excel. A good thrower may not necessarily be a good runner and a frail child although lacking in power may prove outstanding at the balance test.
- Check that the equipment is available at each venue.
- Form the team partnerships:-
The Red team from the first school are partnered with the Red team from the second school and they should be encouraged to correspond with their team mates in the other school. This introduces cross-curricular benefits. Maybe bonus points could be awarded for this activity.
- Agreement must be reached with the other teams on the number to score in each discipline – say the five best performers in each event. However, all team members do the complete set of tests.
- The events do not necessarily have to take place simultaneously but they can.
- It is a simple matter to exchange results by mobile phone, text or email. These are vital skills which will be of value in everyday life.
- Planning and preparation should form part of the Programme. Make sure that a matching set of judges cards and a master score card are ready and available at both venues.
- An important extension to the exercise is for each child to record their personal overall score for all the tests involved which they can work to improve over a period of time.
- Should the event be repeated some months later awards could be given to the children making the greatest improvement.
- The overall average fitness of each team or class can also be measured to display improvement in their level of fitness.
- Over an extended period of years movement in general fitness levels can be monitored and compared year group to year group

Summary

School to School Link

For

A Large Programme or Sports Day

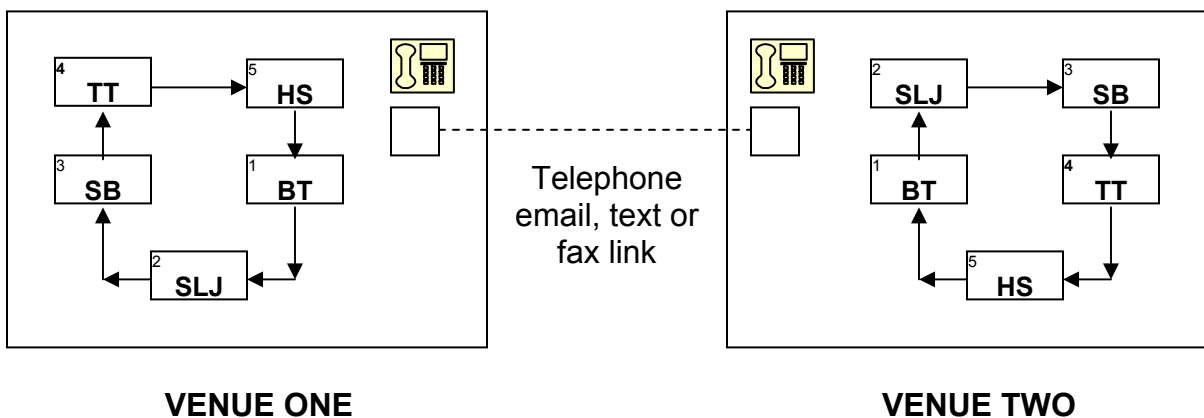
A number of very large international events have been held involving several hundred children at each venue using the Pentathlon and Decathlon Agility Challenges.

The format can be used for a link between two schools or to cater for teams from a cluster of schools participating at each venue.

The format for a school to school event again involves pairing teams as explained for the small programme but many more children can be catered for. When school clusters are participating each school team has been allocated a partner at the other venue.

Examples

Pentathlon Format



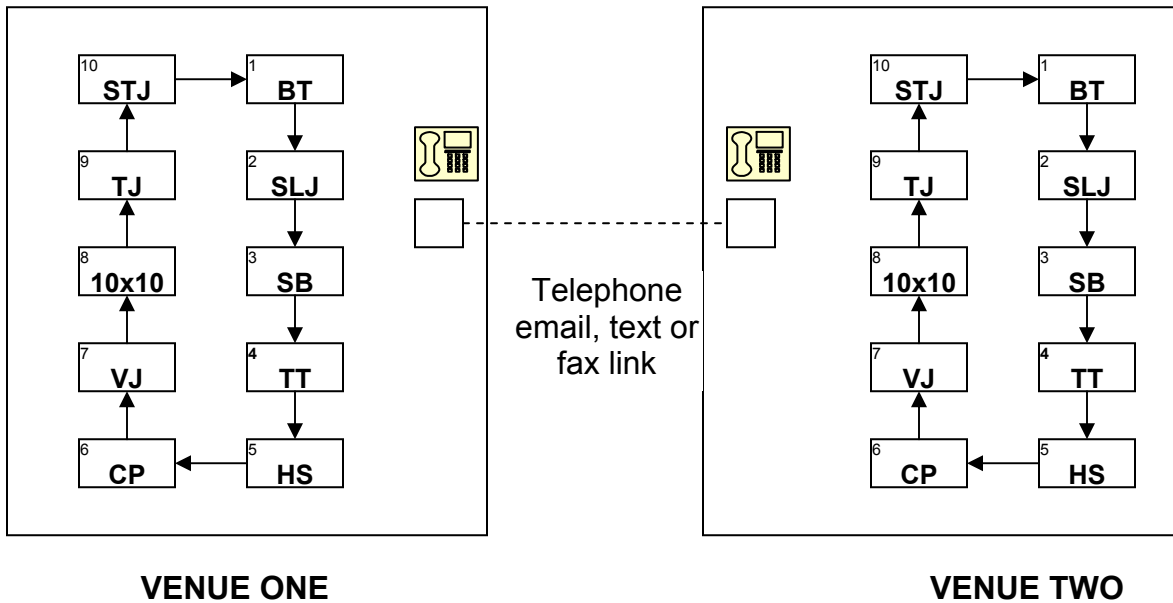
Using **two** sets of equipment at each venue say one for the girls teams and the other for the boys teams.

Teams	=	Participants
5 teams of girls each with eight members		40 girls
5 teams of boys each with eight members		40 boys
Total at Venue One		<u>80</u>

Teams	=	Participants
5 teams of girls each with eight members		40 girls
5 teams of boys each with eight members		40 boys
Total at Venue Two		<u>80</u>

Estimated duration of programme = **1 ¼ hours**

Decathlon Format



VENUE ONE

VENUE TWO

Using one set of equipment at each venue there are several team possibilities to consider.

- A. There could be 5 girls teams and 5 boys teams at each venue starting at alternate events in the flow system. Alternatively there could be 10 all boys teams or 10 all girls teams or even 10 mixed teams.

Total numbers involved = 80 children at each venue.

- B. Using two sets of equipment at each venue, say one for the girls teams and the other for the boys teams a total of 320 children would participate.

Estimated Programme Duration including 15 minute interval = **2 ½ to 3 hours**

As with the small event an organisers check list must be prepared. A Pentathlon can be facilitated in most gymnasiums or sportshall's but a large venue will be required for a Decathlon.

- Check and agree venues and that they are free.
- Agree the format of the competition, the numbers of teams to be involved and size of each team.
- Agree the team partnerships and encourage contacts.
- Check that the equipment is available at both venues.
- Make sure that you have sufficient judges and that there are instruction cards for them so that they are familiar with the rules **before** the event starts. This is essential to ensure a prompt start and to keep the flow to time. Efficient judges should complete any tests for 8 participants within 12 minutes. They must be sharp.
- Make sure that the judges have a correct judging sheet for each participating team.
- Make sure you have a group of Master Recorders and a Communications Officer.
- The judges sheets should be sent to the Recorders from each event as soon as they have completed the test for any one team.
- Make sure you have a first aid officer on hand just in case a competitor slips or is unwell.
- Appoint a Chief Organiser and an Announcer whose main job is to keep the flow system moving. It is best practice for the teams to move as a group as they complete each test.
- If possible a teacher or monitor should accompany each group as a team manager.
- Older students or parents can serve as judges providing they have been clearly instructed on the rules.
- Remember, the most important thing in sport is enjoyable involvement.

Newtown High School

<u>GIRLS</u>		Balance Test	Long Jump	Speed Bounce	Chest Push	Hi Stepper	O Head Heave	Vertical Jump	10 x 10m	Turbo Javelin	St Triple	Total
02	Nikki Cooper	37 28	57 2.05	32 34	50 5.75	68 12.9	64 8.00	64 55	58 25.8	75 12.00	59 6.20	564
05	Kelsey Perry	53 44	52 1.88	37 39	44 5.00	39 15.8	58 7.25	49 43	45 29.1	57 9.00	30 4.50	464
03	Tania Finney	30 21	44 1.69	35 37	52 6.00	55 14.2	56 7.00	47 41	43 29.9	57 9.00	41 5.00	460
04	Danielle Sherwin	54 45	48 1.76	35 37	36 4.25	51 14.6	40 5.00	31 30	45 29.3	42 6.50	28 4.40	410
01	Chelsea Stanford	63 54	56 2.01	31 33	39 4.50	68 12.9	48 6.00	50 44	50 27.8	60 9.50	51 5.70	516
<u>Total of Best 3</u>		170	165	107	146	191	178	163	153	192	151	1616
<u>BOYS</u>												
06	Danny Tildesley	55 46	54 2.02	43 45	46 6.00	63 13.1	73 10.00	47 41	55 26.0	55 7.75	28 4.50	519
08	James Harding	67 58	51 1.95	43 45	36 4.75	56 13.8	59 8.25	47 41	49 27.5	49 7.00	43 5.50	500
10	Theo Luke	62 53	49 1.88	40 42	40 5.25	62 13.2	45 6.50	46 40	50 27.1	41 6.00	39 5.20	474
07	Sam Williams	46 37	47 1.84	43 45	46 6.00	57 13.7	63 8.75	38 35	49 27.5	57 8.00	26 4.40	472
09	Joe Roberts	24 16	52 1.98	35 37	42 5.50	64 13.0	61 8.50	50 44	47 28.3	41 6.00	52 6.10	468
<u>Total of Best 3</u>		184	157	129	134	189	197	144	154	161	134	1583
(Total score of the nominated scorers) TEAM SCORES		354	322	236	280	380	375	307	307	353	285	3199

Wide Age Band Competition for Small Schools and Remote Communities

Whilst in general competitions are held between teams with members whose ages are all within a maximum span of two years it can be very difficult for schools and groups in remote communities to raise complete teams under such a restriction.

To facilitate these groups IFTA has produced a wide age band scoring programme.

This programme not only meets the wide age band requirement but also overcomes the differences in the school years where the twelve month period varies from country to country.

The procedure is simple, each team member's individual points score is calculated in the normal way from the IFTA points table and we have called these events points. Adjustment is made according to the age of the child to enable the teams overall score to be calculated by the wide age band tables which contain teams points.

Event Points – The individual scores achieved using the IFTA tables.

Team Points – Those achieved from the Wide Age table against the overall individual scores of each team member.

For simplicity, in this form of competition the nominated scorers are based on the overall points achieved by each competitor and not test by test as used in the format for the general school to school programme.

EXAMPLE

In general the same criteria as explained for the school to school competition applies except that wide age band scoring helps organisers to raise teams. The system, however also caters for very small communities where there are insufficient members to raise more than one team.

Consider two small communities with just 8 or 9 children in each comprised as follows.

Team 1		Team 2	
Girl	14 years	Girl	13 years
Boy	13 years	Boy	13 years
Boy	13 years	Boy	13 years
Girl	13 years	Girl	12 years
Girl	12 years	Boy	11 years
Boy	12 years	Boy	10 years
Girl	10 years	Girl	10 years
Girl	9 years	Boy	9 years
Boy	8 years		

The competition can be held as a Triathlon, Pentathlon or a Decathlon and run in the normal way, probably best by the children using individual record cards which are collated and adjusted when all the events are complete.

Alternatively the children could be divided into two teams in each community and then partnered with a group in another community.

The example score sheet shows a result for a team of 14 girls and boys where it has been agreed to base the teams score on the best scores by 5 girls and the best by 5 boys.

Wide Age Band Competition

Team. Summation Score Sheet

TEAM New Island Juniors

GIRLS / BOYS / MIXED

NOMINATED SCORERS 5 Girls & 5 Boys 14 FROM TEAM MEMBERS

NUMBER OF SCORERS TO BE AGREED BY EVENT ORGANISERS

NUMBER	NAME	GIRL OR BOY	AGE	EVENT POINTS	TEAM POINTS	NOMINATED SCORERS	
						✓	SCORE
1	<i>Jane Smith</i>	G	10	143	17	✓	17
2	<i>Claire Bailey</i>	G	9	112	14	✓	14
3	<i>Suzie Myers</i>	G	11	102	10		
4	<i>Mary Green</i>	G	11	115	12	✓	12
5	<i>Liz Brown</i>	G	9	100	12		
6	<i>Julie White</i>	G	12	125	13	✓	13
7	<i>Amanda Hart</i>	G	9	118	15	✓	15
8	<i>John Howard</i>	B	9	115	14	✓	14
9	<i>Roy Bean</i>	B	12	145	16	✓	16
10	<i>Phil Rowlands</i>	B	11	107	11	✓	11
11	<i>Alan Woods</i>	B	13	98	8		
12	<i>William Fowler</i>	B	10	118	14	✓	14
13	<i>Robert Jones</i>	B	10	126	15	✓	15
14	<i>Ian Hales</i>	B	10	98	10		
(Total score of the nominated scorers) TEAM SCORE						141	

CROSS COMMUNITY PROJECTS
WIDE AGE BAND TEAM SCORING TABLES

Triathlon
Team points for wide age band competition

TEAM POINTS	AGE IN YEARS ON THE DAY										
	7	8	9	10	11	12	13	14	15	16	17+
25	136	155	172	182	191	196	203	214	221	230	240
24	132	150	166	176	184	189	195	205	212	220	230
23	128	145	160	170	177	182	189	196	203	210	220
22	124	140	155	165	171	176	182	188	194	200	210
21	119	135	150	160	165	170	175	180	185	190	200
20	114	130	145	155	160	164	168	172	177	182	190
19	110	125	140	150	154	158	162	166	170	174	180
18	106	121	135	144	148	152	156	160	164	168	174
17	102	117	130	138	142	146	150	154	158	162	168
16	99	114	123	131	135	139	143	147	151	155	161
15	96	110	118	124	128	132	136	140	144	148	154
14	90	103	111	118	122	126	130	134	138	142	148
13	84	96	106	112	116	120	124	128	132	136	142
12	78	89	99	106	110	114	118	122	126	130	136
11	72	82	92	100	104	108	112	116	120	124	130
10	67	75	86	94	98	102	106	110	113	117	122
9	61	70	80	88	92	96	100	104	107	110	115
8	57	65	75	82	86	90	94	98	100	103	107
7	52	60	68	76	80	84	88	92	94	96	100
6	47	55	62	72	74	79	81	85	87	90	93
5	42	50	56	63	67	72	74	78	80	83	87
4	37	45	50	56	61	66	68	71	74	77	80
3	33	40	45	50	55	60	62	64	67	70	74
2	26	32	36	40	45	50	52	54	56	59	63
1	20	24	27	30	35	40	42	44	46	48	52

CROSS COMMUNITY PROJECTS
WIDE AGE BAND TEAM SCORING TABLES

Pentathlon

Team points for wide age band competition

<u>TEAM POINTS</u>	<u>AGE IN YEARS ON THE DAY</u>							
	7	8	9	10	11	12	13	14
25	215	244	270	285	299	307	318	335
24	207	235	260	275	288	296	306	321
23	199	226	250	266	277	285	296	307
22	194	220	243	258	265	273	281	290
21	187	212	235	250	256	264	272	280
20	180	204	227	243	249	256	263	270
19	172	196	219	235	241	247	253	260
18	162	184	212	226	232	238	244	250
17	151	172	204	216	222	229	235	241
16	141	160	193	205	211	218	224	230
15	131	149	184	194	200	207	213	219
14	125	142	174	185	190	198	204	210
13	120	136	166	175	180	188	194	200
12	114	130	155	164	171	179	184	193
11	108	123	144	157	163	169	175	182
10	103	117	135	147	154	160	166	173
9	96	109	125	138	144	150	156	163
8	89	101	117	129	134	141	147	154
7	83	94	107	119	125	132	138	144
6	76	86	97	108	116	123	128	133
5	69	78	88	98	106	113	117	122
4	62	70	78	88	96	104	106	111
3	55	63	70	78	86	94	96	100
2	45	51	57	62	69	77	81	85
1	33	38	42	45	52	60	65	70

CROSS COMMUNITY PROJECTS
WIDE AGE BAND SCORING TABLES

Decathlon

Team points for wide age band competition

<u>TEAM</u> <u>POINTS</u>	AGE IN YEARS ON THE DAY							
	7	8	9	10	11	12	13	14
25	406	460	515	552	579	594	615	648
24	392	444	497	533	558	573	591	621
23	378	429	480	515	536	552	572	594
22	367	416	466	500	516	533	549	565
21	358	405	454	487	502	517	532	546
20	348	394	441	473	488	501	515	528
19	338	383	429	460	472	485	498	510
18	325	368	412	442	454	466	479	492
17	312	353	395	424	436	448	460	473
16	306	335	375	402	414	426	438	451
15	294	316	354	380	392	405	417	430
14	276	302	338	362	373	386	399	411
13	257	286	320	343	355	368	380	393
12	239	270	303	325	337	350	362	374
11	220	255	286	307	319	332	344	356
10	205	238	267	286	300	313	325	337
9	187	221	247	265	280	295	307	319
8	175	204	228	244	260	277	288	300
7	159	186	208	223	240	258	270	282
6	151	171	191	206	222	240	250	261
5	137	156	175	188	204	221	230	240
4	125	142	159	170	186	202	210	229
3	113	128	143	153	168	184	190	197
2	89	101	113	121	136	142	160	169
1	60	75	84	90	105	120	130	140