

Angmering Cluster School Sport



YEARS 2 - 6 FRIENDLY ATHLETICS TRACK FESTIVAL

Venue: The Angmering School: Track.

All schools will need to provide an adult / able sports leader to act as a timer (with a stop watch) and a first aider.

This is friendly festival of track athletic competition for athletes from Years 2 to 6.

- 1) Short sprint (A & B runner events = 2 Runners)
- 2) Middle distance (1 Runner per team)
- 3) Longer Distance (1 Runner per team)
- 4) Relay (All 4 Girl & Boy Runners Participate = 8 Runners per team)

Each year group will have 1 boy and 1 girl runner per event.

Please bear in mind the order of events and the rest that is needed by the athletics.

Athletes can do a maximum of 2 events plus the relay.

A minimum of 4 boy and 4 girl athletes are needed per year group per school. A minimum of 4 and a maximum of 7 boy and girl athletes per team are required.

Athletes not competing in events will be asked to remain in the waiting area in the centre of the track.

No spectators will be allowed in the centre of the track.

	SPRINT (There will be "A" & "B" Races)	MIDDLE DISTANCE	LONGER DISTANCE	SHUTTLE RELAY
YEAR 2	40 METRES	70 METRES	100 METRES	8 X 50 METRES
YEAR 3	50 METRES	100 METRES	200 METRES	8 X 50 METRES
YEAR 4	60 METRES	150 METRES	300 METRES	8 X 50 METRES
YEAR 5	70 METRES	200 METRES	600 METRES	8 X 50 METRES
YEAR 6	80 METRES	300 METRES	800 METRES	8 X 80 METRES

Order of events: (Girls followed by Boys)

1. Long Distance
2. Sprints
3. Middle Distance
4. Shuttle Relays

Points will be awarded according to the finishing positions in each heat.

There will a separate year group and whole school competition.

Schools will always run in the same lane for sprints and relays. This will be announced on arrival.

YEARS 1 - 6 FRIENDLY ATHLETICS TRACK FESTIVAL



	SPRINT	MIDDLE DISTANCE	LONGER DISTANCE	SHUTTLE RELAY
YEAR 2	40 METRES	70 METRES	100 METRES	8 X 50 METRES
YEAR 3	50 METRES	100 METRES	200 METRES	8 X 50 METRES
YEAR 4	60 METRES	150 METRES	300 METRES	8 X 50 METRES
YEAR 5	70 METRES	200 METRES	600 METRES	8 X 50 METRES
YEAR 6	80 METRES	300 METRES	800 METRES	8 X 80 METRES

TEAM SHEET

	<u>YEAR 2</u>	<u>YEAR 3</u>	<u>YEAR 4</u>	<u>YEAR 5</u>	<u>YEAR 6</u>
GIRLS SPRINT A					
GIRLS SPRINT B					
BOYS SPRINT A					
BOYS SPRINT B					
GIRLS MIDDLE DISTANCE					
BOYS MIDDLE DISTANCE					
GIRLS LONG DISTANCE					
BOYS LONG DISTANCE					
MIXED 8 X 50 SHUTTLE RELAY					
MIXED 8 X 80 SHUTTLE RELAY					



Sprints

Middle Distance

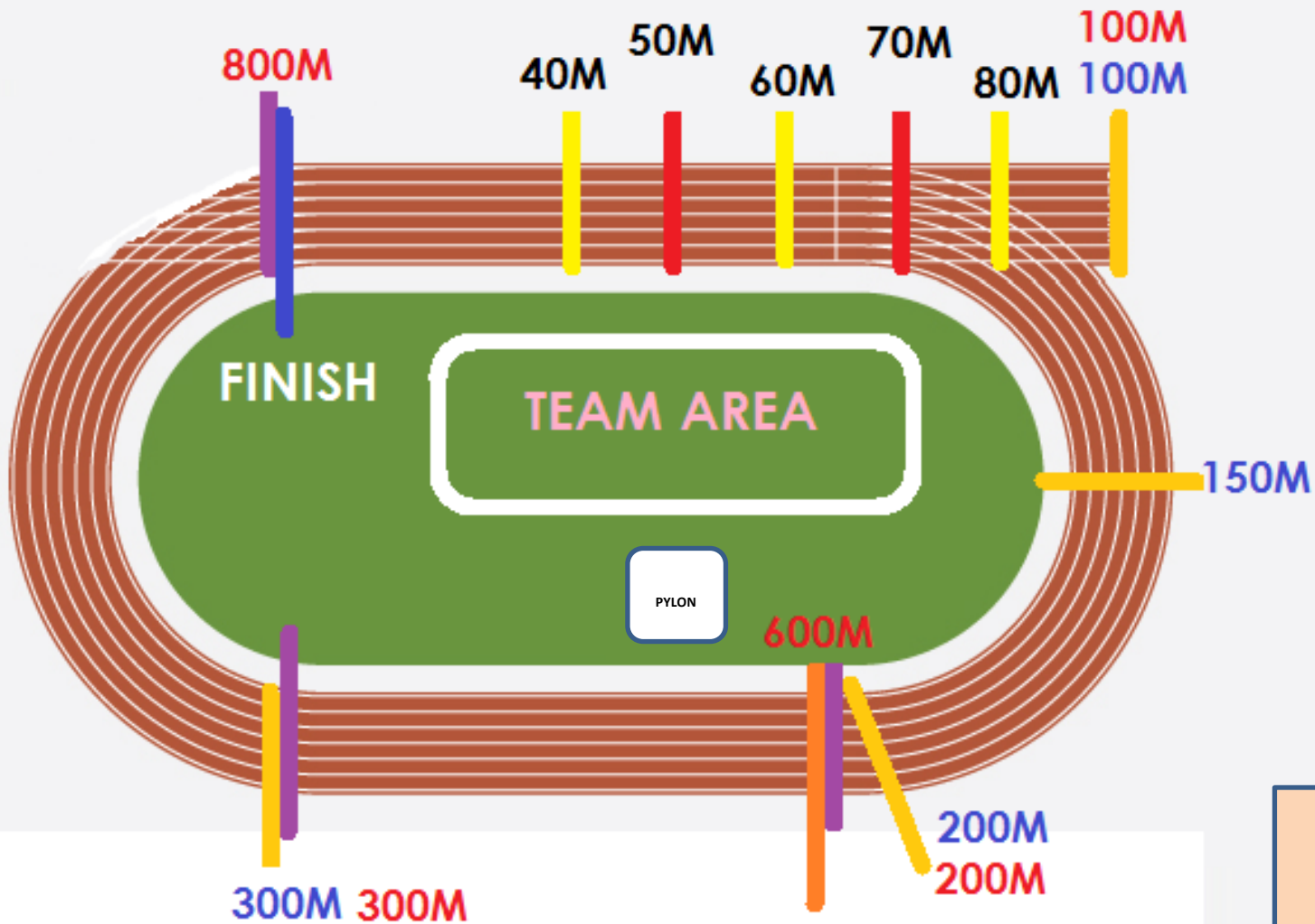
Long Distance



HOUSE



RELAYS



TOILETS AT BACK OF CHANGING ROOMS
⇐BOYS GIRLS⇒