**Secondary Sportshall Athletics**

**Date:** Friday 20th March 2020

**Venue:** The Louisa Centre, Stanley

**Age Group:** Year 7 Boys, Year 7 Girls, Year 8 Boys, Year 8 Girls

**Gender:** Mixed

**Team Requirements:** Teams should consist of a minimum of 5 athletes and a maximum of 8. There are separate competitions for each year group and gender.

Each athlete may compete in a maximum of three track and two field events.

Track Events:

* 2 Lap Individual Race - Each team requires two athletes
* 4 Lap Individual Race - Each team requires two athlete
* 8 Lap Paarlauf - Each team requires two athletes
* 6 Lap Individual Race - Each team requires one athlete
* 4 x 1 Lap Relay - Each team requires four athletes
* 4 x 2 Lap Relay - Each team requires four athletes

Field Events:

* Shot - Each team requiring two athletes
* Speed Bounce - Each team requiring two athletes
* Standing Long Jump - Each team requiring two athletes
* Standing Triple Jump - Each team requiring two athletes
* Vertical Jump - Each team requiring two athletes

A full detailed description and explanation of the events can be found in the Aviva Sportshall handbook or by visiting <http://www.sportshall.org/secondary/secondary-sportshall/secondary-sportshall-competition>.

**SCORING**

Each athlete will be allowed a maximum of three attempts at each field event and track events will be run once. The best throw, jump and track time will be scored as the winner.

Competitions are scored based on points awarded for places in each event. Points may vary depending on SSP competitions but a general scoring card will be 30pts – 1st, 28pts – 2nd, 26pts – 3rd, 24pts – 4th, 22pts – 5th, 20pts – 6th etc.