



Junior Spring Inter Competition

Sunday 29th March 2020

9.15 AM Meet for a 10.00 AM Start

Many of you will know that we hold a Junior Club Championship every year in September. This year we are offering a Spring competition too which will run in the same manner. There will be one presentation evening for certificates and awards which will be held in the Autumn.

Events:

600m, 80m, 70m Hurdles, Long Jump, Shot, Javelin.

Split into 4 groups based on current school year groups Yr3, Yr4, Yr5 and Yr6 (numbers to be given out during registration 9.15 – 9.45).

Warm up 9.45 -10.00

Both track and field events to have each year group split into girls and boys.

Field cards to be used (declarations complete prior to event by event coordinator or Year group Support volunteer)

Each event will be timed for 25 minutes.

5 minutes interval change over time in between each event.

The plan is to have a result recorded for each athlete in each event. These results will be available at the end of the event for the athlete and parent to record to see how well they are progressing.

We will need parents to stay and help with registering and organising the athletes and measuring and timing events.

