

Donegal Sportshall Athletics

Equipment and Personnel requirements

TEAMS: On average 6 schools participating x 4 teams = 24 teams
County Finals will vary according to finalists and schools they represent

VENUE: Medium / large size hall at least 30 meters in length wall to wall
Changing facilities.
Adequate parking and spectator area

The following is an inventory of resources required to deliver a sports hall programme using the current competition format agreed locally and nationally.

The resource requirement is based on a 6-school programme with teams competing in all 4 sections – 3 / 4th class girls, 3/ 4th class boys, 5/ 6th class girls and 5/ 6th class boys.

Events 1 – 4

2 + 1 lap relay, 2 + 2 lap relay, 6 lap Paarlaf, 4 x 1 lap relay.

Equipment required

12 reverser boards, stop watch, 6 batons, whistle, 6 starting mats, 1 lap counter, scoring sheets with clip boards for each event 4 events x 4 categories, pens, PA or Loud haler.

Personnel

1 starter / 6 finishers / 1 recording scores /1 doing lap count for 6 lap/1 recording times if required/
2 marking master sheets.

N.B.

(1) Those checking 1st, 2nd and 3rd etc. can double up, i.e., 1 person does 1st and 2nd and 1 person does 3rd and 4th etc reducing the finisher requirement to 3 rather than 6.

(2) Where there is limited hall space with perhaps 4 lanes, times can be used and applied to scoring – ie best time receives 12 points... rather than having eliminators and finals.

Events 5 – 10 – Field Events

Standing long jump, standing triple jump, vertical jump, speed bounce, chest push and soft javelin.

Equipment required

1 standing long jump mat, 1 standing triple jump mat, 1 vertical jump secured to wall, 3 speed bounce mats, x2 1 kg medicine ball and x2 measuring mat, 6 foam javelins and 2 measuring mats, scoring sheets 6 events x 4 categories = 24 scoring sheets, sticky tape to stick down measuring tape.

Personnel

1 coordinator, 2 / 3 at each station (min 12 / max 18 people) 2 marking master sheets

Events 11 and 12

Over and Under relay and Obstacle Race

6 starting mats, whistle, stop watch, 12 low hurdles, 6 tunnels, 6 speed bounce mats, 6 high steppers mats and wedges, 12 reverser boards.

Personnel

1 starter, 1 timer, 6 finishers max, 6 tunnel / high stepper supervisors, 2 replacing hurdles, 6 speed bounce counters.

N.B. In essence you need at least 15 / 20 people to assist at an event this size and more if you introduce additional equipment such as an extra vertical jump or standing long jump to speed things up this will require more officials.

Overall List of Equipment

12 reverser boards,
1 stop watch,
6 batons, whistle,
6 starting mats,
1 lap counter,
1 PA system or loud haler
1 standing long jump mat,
1 standing triple jump mat,
1 vertical jump secured to wall,
6 speed bounce mats,
6 foam javelins
1 x 1 kg medicine ball
3 measuring mats
12 low hurdles,
6 tunnels
6 high steppers
Scoring sheets 12 events x 4 categories = 48 scoring sheets
Box pens
Roll of sticky tape
10 clip boards for results sheets

Results and Scoring

In each event the team scoring is as follows

Place /Time / Distance	Points
1	12
2	10
3	8
4	6
5	4
6	2

Scoring sheets for each event x four categories = 4 sets of 12 scoring sheets.

One Master sheet for each category = 4 Master sheets.

It can be useful to have scoring sheets on a lap top to allow for ease in calculation.

Donegal Sports Partnership have all scoring sheets master sheets available on line in excel.