

DONEGAL PRIMARY SCHOOLS SPORTSHALL ATHLETICS



Order of Events

(Medium to Large Schools ONLY)



10:00am **Teams arrive & registration**

10:30am **Events underway**

Some Rules:

- **TEAMS:** 3&4 Girls, 3&4 Boys, 5&6 Girls and 5&6 Boys teams
- 9 min. /12 max. pupils per team (*the only exception to this rule being a single school entry that does not have at least nine children of the same sex in the two classes*)
- A pupil can compete in a **maximum of 2 track races and 2 field events**
- SPORTSHALL Athletics (Primary) is a team event and all track and field events are team based.
- Teams accumulate points based on performances in each of the twelve events (six track relays and six field events listed below).
- All participating teams are awarded points.
- Sample scoring - 1st = 12 points; 2nd = 10 points; 3rd = 8 points; 4th = 6 points; 5th = 4 points; 6th = 2 points. Where places are tied, points are shared. (*Based on 6 teams taking part*)

(3&4 Girls, 3&4 Boys, 5&6 Girls and 5&6 Boys)

Track Events
1 + 1 Lap Relay (2 runners per team)
2 + 2 Lap Relay (2 runners per team)
6 Lap Paarlauf (2 runners per team)
4 x 1 Lap Relay (4 runners per team)

Field Events
Standing Long Jump (3 athletes per team)
Standing Triple Jump (3 athletes per team)
Standing High Jump / Vertical Jump (3 athletes per team)
Speed Bounce – 20 seconds (3 athletes per team)
Chest Push (Med Ball Push – 1KG) (3 athletes per team)
Foam Javelin Throw (3 athletes per team)

Final Events
Over / Under Relay (4 runners per team)
Obstacle Relay (4 runners per team)

1:30-2:00pm - Programme Concludes