

***SECONDARY OUTDOOR ATHLETICS RULES***

*All boys will compete in the track events whilst all girls compete in the field events. All boys will then compete in the field events whilst all girls compete in the track events.*

*All girls from each yr group competing in the high jump will go straight to the event, each athlete will have 3 attempts at a set height, if they clear that height they will move onto the next height and have 3 attempts and so on. Once they have failed all 3 attempts at a height they will move onto their next field event (if applicable).*

*If a girl is competing in any other two field events they can choose which one they want to do first then they should move straight onto their next event.*

*This will be repeated when the boys compete in the field events.*

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| *Field Events* | *Track Events* |
| *Long Jump* | *100m – 75m for Yr 7 girls* |
| *High Jump* | *200m – 150m for Yr 7 girls* |
| *Triple Jump – All girls will NOT compete in the Triple Jump, Yr 7 boys will do Standing Triple Jump* | *400m – All girls will NOT compete in the 400m, Yr 7 boys will compete in 300m* |
| *Javelin* | *800m* |
| *Shot Put* | *1500m – 1200m for Yr 7 and Yr 8 girls* |
|  | *4 x 100m Relay* |

*Please can you ensure all athletes wear PE kit to indicate their school, schools will be given stickers when they arrive to indicate year group, please can ensure they are clearly displayed at all times at the field and track events to help avoid any mistakes in the judging and scoring.*

*Please can all schools bring at least one member of staff who will be responsible for co-ordinating a field event or helping with the track events, along with any available Sports Leaders. Schools will be assigned a field event to run or a similar role closer to the time. I appreciate it is very difficult for schools to release staff members however the competition will not be able to run without your co-operation. Please can you also let me know approximately how many athletes in each year group you are bringing so we have the right number of stickers.*

*Programme of Events*

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| *Track 1* | *Field 1* | *Track 2* | *Field 2* |
| *Boys* | *Girls* | *Girls* | *Boys* |
| *100m Yr 7*  *Yr 8*  *Yr 9* | *High Jump – All yr groups to go to High Jump first.* | *75m Yr 7*  *100m Yr 8*  *100m Yr 9* | *High Jump – All yr groups to go to High Jump first.* |
| *200m Yr 7*  *Yr 8*  *Yr 9* | *Long Jump – All yr groups.* | *150m Yr 7*  *200m Yr 8*  *200m Yr 9* | *Long Jump – All yr groups.* |
| *300m Yr 7*  *400m Yr 8*  *400m Yr 9* | *Shot Put – All yr groups.* | *800m Yr 7*  *Yr 8*  *Yr 9* | *Shot Put – All yr groups.* |
| *800m Yr 7*  *Yr 8*  *Yr 9* | *Javelin – All yr groups.* | *1200m Yr 7*  *1200m Yr 8*  *1500m Yr 9* | *Javelin – All yr groups.* |
| *1500m Yr 7*  *Yr 8*  *Yr 9* |  | *4x100m Relay Yr 7*  *Yr 8*  *Yr 9* | *Triple Jump – All yr groups. Standing Triple Jump for yr 7.* |
| *4x100m Relay Yr 7*  *Yr 8*  *Yr 9* |  |  |  |