

SPORTSHALL @ HOME - SETUP GUIDANCE

The SportsHall @ Home initiative has been developed as an extension to the virtual running concept launched in April 2020. It is a free-to-enter multi-event competition that uses events traditionally contested in SportsHall competitions and the OpenTrack platform has their scoring system built in to automatically calculate results.

Events on offer

Standing Long Jump	Target Throw	Indoor Javelin
Standing Vertical Jump	Overhead Heave	800m
Standing Triple Jump	Hi-Step – 4 x 8m	Shot Put
Balance Test	Chest Push	
Speed Bounce	Shuttle Run – 10 x 10m	

These events are designed to test a range of athletic-based skills including mobility, coordination, agility, speed, strength and stamina.

Format

Which events you choose to make up your competition is entirely up to you, however we would recommend either a Triathlon or Pentathlon. Choose events which you can be creative with and which can be done either in your home, or in a local area within government guidelines. Where equipment is required, think about general household objects that can be used, and specify this in your instructions to athletes.

Instructions on how to deliver each event can be found in sections 3 & 4 of the [SportsHall Handbook](#).

OpenTrack

As with the virtual running initiative, this is delivered via the OpenTrack platform – they can take entries for everyone competing and also calculate & display results.

Competition Template: https://data.opentrack.run/en-gb/x/2020/GBR/t_thh_sportshall/

Instructions for setting up your competition: https://docs.google.com/document/d/1GhjX-jKSftm2arla7a3HJC_VvabC5EaRBLPVicmzQ6g/edit

Recording Performances

Each individual athlete can log into the platform and submit their performances during the 'competition window'. Results will display for each individual event, and also for the overall multi-event score.

Why not challenge a rival club to a competition?

Good luck everyone!

For any queries around setting up a SportsHall @ Home competition, please get in touch with Rhiannon Linington-Payne (Rhiannon@welshathletics.org).