



**WELSH ATHLETICS**  
**ATHLETAU CYMRU**

## ***SPORT CARDIFF VIRTUAL SCHOOLS ATHLETICS - EVENT GUIDANCE***

We are delighted to be able to provide a virtual schools athletics competition in the absence of face-to-face competition over the summer. This will take the format of a Run Jump Throw using SportsHall events and scoring system. Athletes can compete in one event each week during their time in school as seen below. Results will then be uploaded at the end of each week and will contribute to a national leader board. To enter your results please email to [Rhiannon Linington-Payne](mailto:Rhiannon.Linington-Payne@welshathletics.co.uk).

### **Run Jump Throw**

Week 1 – Shuttle Run (10 x 10m)

Week 2 - Standing Long Jump

Week 3 – Chest Push

### **Shuttle Run (10 x 10m)**

Equipment needed: 4 markers, stopwatch, teacher / peer to time

Using the 4 markers, set out 2 gates 10m apart. The participant starts from a standing position and must complete the 10m distance 10 times as quickly as possible. One foot must be placed over the line at each gate before turning to run in the other direction. Record your time in seconds on the data sheet.

### **Standing Long Jump**

Equipment needed: measuring tape, teacher / peer to help measure

Place the zero end of the tape measure on the take-off line. The participant lines up on the start line and performs a two-footed jump from standing for distance. Measurement is from the take-off line to the back of the closest heel to the take-off line on landing. The participant may step forward after the jump, however any movement backwards after landing is a no jump. Record three trials for each participant on the data sheet.

### **Chest Push**

Equipment needed: measuring tape, weighted medicine ball (max 3kg) or weighted household item, teacher / peer to help measure

The ball should be held against the chest and pushed with both hands. Both feet should remain on the floor at all times – no runup is permitted, but one foot may be in front of the other. The participant should not pass the 'throwing line' during the throw. Measurement is to the point the ball touches the floor reading down to the nearest 25cm. Record three trials for each participant on the data sheet.

Ideal weights for all throws:

Primary – 1kg

U13 girls – 1kg, U13 boys – 2kg

U15 girls – 2kg, U15 boys – 3kg

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



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### OpenTrack

As with the virtual running initiative, this is delivered via the OpenTrack platform – they will display results as a National Leaderboard.

Competition Link: <https://data.opentrack.run/en-gb/x/2020/GBR/sportcardiff/>