

SportsHall

2019 UK Championships

South West North Fun in Athletics

Wellsway

27th January 2019

Team Name	Team Colour
Avon Crusaders	Red
Gloucestershire All Golds	Yellow
Somerset Spartans	Orange
Avon Stormers	Green
Gloucestershire All Stars	Blue
Somerset Saracens	Purple

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Sportshall Fun in Athletics Festival - Programme

After a short welcome and the introduction of the teams, the action begins!

On the track ...

Obstacle Relay - girls
Obstacle Relay - boys

1 + 1 Lap Relay - girls
2 + 2 Lap Relay - girls

1 + 1 Lap Relay - boys
2 + 2 Lap Relay - boys

Hurdles Relay - girls
Over / Under Relay - girls

... and in the field

round one - boys

St Long Jump, St Triple Jump, Vertical Jump
Balance Test, Hi-Stepper, Speed Bounce
Chest Push, Javelin, Target Throw

round one - girls

St Long Jump, St Triple Jump, Vertical Jump
Balance Test, Hi-Stepper, Speed Bounce
Chest Push, Javelin, Target Throw

round two - boys

St Long Jump, St Triple Jump, Vertical Jump
Balance Test, Hi-Stepper, Speed Bounce
Chest Push, Javelin, Target Throw



Over / Under Relay - boys
Hurdles Relay - boys

round two - girls
St Long Jump, St Triple Jump, Vertical Jump
Balance Test, Hi-Stepper, Speed Bounce
Chest Push, Javelin, Target Throw

Grand Prix - girls

round three - boys
St Long Jump, St Triple Jump, Vertical Jump
Balance Test, Hi-Stepper, Speed Bounce

Grand Prix - boys

round three - girls
St Long Jump, St Triple Jump, Vertical Jump
Balance Test, Hi-Stepper, Speed Bounce

Under 9's races

6 Lap Paarlaf - girls
6 Lap Paarlaf - boys

4 x 1 Lap Relay - girls
4 x 1 Lap Relay - boys



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