

## South West (N) Regional Fun in Athletics Festival

Wellsway, Bristol    Sunday 28 January 2018

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

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***On the track ...***

***... and in the field***

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Obstacle Relay - girls  
Obstacle Relay - boys

***round one - boys***

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

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

***round one - girls***

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

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

***round two - boys***

Hurdles Relay - girls  
Over / Under Relay - girls

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

***round two - girls***

Over / Under Relay - boys  
Hurdles Relay - boys

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

***round three - boys***

Grand Prix - girls

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

***round three - girls***

Grand Prix - boys

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

Under 9's races

Additional team activity (this will not be scored as part of the main programme)

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6 Lap Paarlauf - girls  
6 Lap Paarlauf - boys

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

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