

South West (N) Regional Fun in Athletics Festival

Wellsway, Bristol Sunday 29 January 2017

Avon Red	Red
Avon Green	Green
Gloucestershire Yellow	Yellow
Gloucestershire Blue	Blue
Somerset Orange	Orange
Somerset Purple	Purple

On the track ...

... and in the field

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

Over / Under Relay - boys
Hurdles Relay - boys

Grand Prix - girls

Grand Prix - boys

Under 9's races

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

6 Lap Paarlauf - girls
6 Lap Paarlauf - boys

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

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

round two - girls

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

round three - boys

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

round three - girls

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

