

Year 5/6 Sportshall Athletics Teamsheet



Girls Teamsheet – each girl can participate in a maximum of 2 track events and a maximum of 2 field events. Please keep this team sheet throughout the competition so that you know who is doing what activity. Please keep within the rules – failure to do so will result in automatic disqualification.

Obstacle Relay**				
Standing Long Jump*				
Standing Triple Jump*				
Speed Bounce*				
Chest Push*				
Vertical Jump*				
Foam Javelin*				
1+1 Lap Relay*				
2+2 Lap Relay*				
6 Lap Paarlauf*				
4x1 Lap Relay**				

* Requires 2 girls

** Requires 4 girls

Boys Teamsheet – each boy can participate in a maximum of 2 track events and a maximum of 2 field events. Please keep this team sheet throughout the competition so that you know who is doing what activity. Please keep within the rules – failure to do so will result in automatic disqualification.

Obstacle Relay**				
Standing Long Jump*				
Standing Triple Jump*				
Speed Bounce*				
Chest Push*				
Vertical Jump*				
Foam Javelin*				
1+1 Lap Relay*				
2+2 Lap Relay*				
6 Lap Paarlauf*				
4x1 Lap Relay**				

* Requires 2 boys

** Requires 4 boys