

# SportsHall

## 2020 UK Championships

South West North Fun in Athletics

Wellsway

26th January 2020

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

***Eveque***

## 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 Paarlauf - girls  
6 Lap Paarlauf - boys

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



[sportshall.org](http://sportshall.org)



**BRITISH  
ATHLETICS**



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