

BOSTON AND DISTRICT ATHLETIC CLUB
SPORTSHALL ATHLETICS COMBINED EVENTS COMPETITION
SATURDAY JANUARY 4th 2020
AT THE B-HIVE, PUNCHBOWL LANE, BOSTON, PE20 3SB

UNDER 9, UNDER 11, UNDER 13 & UNDER 15 OCTATHLON

Each competitor will be allocated points for his/her individual performance in each of the eight events according to the I.F.T.A. Boys/Girls scoring tables.

The total points achieved for the full eight individual events will determine the final Octathlon finishing positions in each age group.

Registration 9.15am

First events 10am

Entry Fee £5

ORDER OF EVENTS

- | | | |
|----|--|---|
| 1. | U9 2½ Laps
U11 2½Laps | U13 St. Long Jump
U15 Vertical Jump |
| 2. | U13 Vertical Jump
U15 St. Long Jump | U9 St. Long Jump
U11 Vertical Jump |
| 3. | U13 2½ Laps
U15 2½ Laps | U9 Vertical Jump
U11 St. Long Jump |
| 4. | U9 Speed Bounce
U11 Speed Bounce | U13 Shot
U15 Shot |
| 5. | U13 Speed Bounce
U15 Speed Bounce | U9 Chest Push
U11 Chest Push |
| 6. | U9 High Stepper
U11 High Stepper | U13 St.Triple Jump
U15 St. Triple Jump |
| 7. | U13 Hi Stepper
U15 Hi Stepper | U9 St. Triple Jump
U11 St. Triple Jump |
| 8. | U9 Balance Test
U11 Balance Test | U13 Balance Test
U15 Balance Test |