

# Athletics Finals

## Rules

Entry	
Entry online via <a href="http://www.nlschoolsport.co.uk">www.nlschoolsport.co.uk</a>	
<b>Teams/Gender:</b>	An overall team of 24 will be comprised of the following: <ul style="list-style-type: none"><li>• 6 from Year 3/4 Girls</li><li>• 6 from Year 3/4 Boys</li><li>• 6 from Year 5/6 Girls</li><li>• 6 from Year 5/6 Boys</li></ul>
<b>Events:</b>	The following events have 1 boy and 1 girl from year 3/4 and year 5/6: <ul style="list-style-type: none"><li>• 200m</li><li>• 600m</li></ul> The Following events have 2 boys and 2 girls from year 3/4 and year 5/6: <ul style="list-style-type: none"><li>• 40m sprint</li><li>• Standing Long Jump</li><li>• Soft Javelin Throw</li></ul> <ul style="list-style-type: none"><li>• Team Speed Bounce – every member of the team will complete the Speed Bounce</li></ul>
<b>Relays:</b>	The following relays will also take place during the event: <ul style="list-style-type: none"><li>• MIXED Year 3/4 6 x 40m Relay (3 boys and 3 girls from year 3/4)</li><li>• MIXED Year 5/6 6 x 40m Relay (3 boys and 3 girls from year 5/6)</li><li>• Year 3/4 4 x 50m Relay (4 boys and 4 girls from year 3/4)</li><li>• Year 5/6 4 x 100m Relay (4 boys and 4 girls from year 5/6)</li><li>• MIXED Year 3/4 Swedish Relay (2 boys and 2 girls from year 3/4)</li><li>• MIXED Year 5/6 Swedish Relay (2 boys and 2 girls from year 5/6)</li><li>• MIXED AGE/Gender Swedish Relay (1 boy and 1 girl from year 3/4 and 1 boy and 1 girl from year 5/6)</li></ul>
<b>NGB Website</b>	<ul style="list-style-type: none"><li>• <a href="http://www.englandathletics.org/">http://www.englandathletics.org/</a></li></ul>