**INDOOR ATHLETICS TEAM SHEET**





**School - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- |
| **BOYS’** | | **GIRLS’** | |
| **FIELD EVENTS** | | **FIELD EVENTS** | |
| **EVENT** | **PARTICIPANT**  (1 per event) | **EVENT** | **PARTICIPANT**  (1 per event) |
| Vertical Jump |  | Vertical Jump |  |
| Standing Long Jump |  | Standing Long Jump |  |
| Standing Triple Jump |  | Standing Triple Jump |  |
| Javelin |  | Javelin |  |
| Chest Push |  | Chest Push |  |
| Speed Bounce |  | Speed Bounce |  |
| **TRACK EVENTS** (4 per event) | | **TRACK EVENTS** (4 per event) | |
| 4 x 1 Lap Relay |  | 4 x 1 Lap Relay |  |
| 4 x 2 Laps Relay |  | 4 x 2 Laps Relay |  |

**REMEMBER – EACH PUPIL MAY PARTICIPATE IN ONLY 2 EVENTS - 1 TRACK AND 1 FIELD**