**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 | *
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 | 4 x 1 Lap Relay | *
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| 4 x 2 Laps Relay | *
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 | 4 x 2 Laps Relay | *
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 **REMEMBER – EACH PUPIL MAY PARTICIPATE IN ONLY 2 EVENTS - 1 TRACK AND 1 FIELD**