



Urdd Primary Schools Athletics

- 2.5 - 3 hour programme
- Multi-sport
- Years 3 to 6

Structure of the event

This multi-sport event has been designed to be fun and offer everyone taking part the opportunity to compete in a running event, two throwing, and one jumping event, before running in the relay races. There will be individual awards for 1st, 2nd, and 3rd place in each event, as well as a team prize. Team points will be awarded based on the performance within the individual events.

Competitions

80m, 600m, Long Jump, Shot Put (1kg) and Javelin. These will be followed by the 4x100m relay. Everyone will have 2 attempts at the long jump, javelin and shot put.

Teams

Teams are formed of a combination of **2 girls and 2 boys from each year group.**

Teams must choose one boy and one girl from each year to run in the 80m race and one girl and one boy in the 600m race. Everyone will take part in the throwing and jumping events.

If your school doesn't have enough to make a team, the pupils can still compete as individuals on the day. Please contact your local competitions officer to organise this.

Schools can register up to 2 teams.

Scoring

Points will be awarded based on the individual competitions.

Roles and Responsibilities - Teachers

Similar to the traditional format, teachers will be asked to support the event by taking on specific tasks throughout the day. These roles and responsibilities will be allocated on the week of the event.

Primary Schools Athletics Timetable 2024 **(Times may change depending on the numbers taking part)**

Time	Yr	B/G	Race	Competition	Yr.	B/G
TRACK	3	B	80m	Long Jump	6	G&B
10.00	3	B	80m	Javelin	5	G&B
	3	B	80m	Shot put	4	G&B
	3	B	80m			
	3	G	80m			
	3	G	80m			
	3	G	80m			
	3	G	80m			
	3	B	600m			
	3	G	600m			
10:30	4	B	80m	Long Jump	3	G&B
	4	B	80m	Javelin	6	G&B

	4	B	80m	Shot Put	5	G&B
	4	B	80m			
	4	G	80m			
	4	G	80m			
	4	G	80m			
	4	G	80m			
	4	B	600m			
	4	G	600m			
11:00	5	B	80m	Long Jump	4	G&B
	5	B	80m	Javelin	3	G&B
	5	B	80m	Shot Put	6	G&B
	5	B	80m			
	5	G	80m			
	5	G	80m			
	5	G	80m			
	5	G	80m			
	5	B	600m			
	5	G	600m			
11:30	6	B	80m	Long Jump	5	G&B
	6	B	80m	Javelin	4	G&B
	6	B	80m	Shot Put	3	G&B
	6	B	80m			
	6	G	80m			
	6	G	80m			
	6	G	80m			
	6	G	80m			
	6	B	600m			
	6	G	600m			
12:00	3		4x100m			
	3		4x100m			
	3		4x100m			
	3		4x100m			
	4		4x100m			
	4		4x100m			
	4		4x100m			
	4		4x100m			
	5		4x100m			
	5		4x100m			
	5		4x100m			
	5		4x100m			
	6		4x100m			
	6		4x100m			
	6		4x100m			
	6		4x100m			