

Run Jump Throw Wheel Indoor Series



Qualification Meet Guide

The RJTW Indoor Series is a set of track and field competitions specifically designed for youth ages 8-13. Qualifying meets will be hosted across the province, culminating in a Provincial Championship event on February 5th, 2017.

Any facility is capable of hosting a qualifying meet for the RJTW Series, including school gymnasiums. Contact Alex Holder for more details and to request qualifying certificates, ribbons and for general aid. Please note that qualifying meets must be completed by January 26th, 2017.

The following will serve as a guide on how to successfully run a qualifying meet for the series.

RJTW Indoor Series Provincials – Offered Events:

Age 8-9	Age 10-11	Age 12-13
TRACK	TRACK	TRACK
60m	60m	60m
150m	150m	150m
300m	600m	800m
FIELD	FIELD	FIELD
Standing Long Jump	Running Long Jump (1m board)	Running Long Jump (1m board)
Shot Put (2kg)	Shot Put (2kg)	Shot Put (3kg)
Vertical Jump	Vertical Jump	Scissor Kick High Jump

Athletes can register in up to 3 events – maximum of either 2 track or 2 field events.

As many community or school gymnasiums do not have a dedicated track facility and are therefore unable to accommodate sprints like the 60m or 150m, creativity will be a key factor. Events do not need to be exactly the same as the Provincial events listed above – slightly shorter running events or different

throwing implements are permitted in qualifying meets, so long as everyone understands that the Provincial events will be as noted above. Qualifying meets are certainly welcome to change up the events as necessary to ensure the athletes have fun and are working on the same movements.

Track Event Tips :

- **60m Sprint** – ideally the 60m would be run in a straight line if possible. If your facility does not have this capability, the best way to run a 60m is to have athletes perform a shuttle run. Most basketball courts are roughly 29m long by 15m wide – which makes a 60m shuttle run simply a race from one end of the court to the other and back (2x29m). Use cones and existing lines to indicate where athletes need to go. It is best to use cones and avoid walls so as to not cause increased risk of injury.
- **150m Sprint** – this sprint can

also be performed in a shuttle run (5x29m). Another option is to run the 150m around the perimeter of the facility. Roughly 2 laps around the perimeter of a basketball court in an oval shape (i.e. cutting corners) simulates the 150m sprint. Use cones and existing lines to outline the oval shape and a start/finish line.

- **300m Sprint** – this event should be performed by running laps around the perimeter of the facility. Roughly 4 laps of a basketball court in an oval shape (i.e. cutting corners) simulates

the 300m event. Use cones and existing lines to outline the oval shape and a start/finish line.

- **600m Run** – Roughly 8 laps of a basketball court in an oval shape (i.e. cutting corners) simulates the 600m event. Use cones and existing lines to outline the oval shape and a start/finish line.
- **800m Run** – Same as the 600m, but instead of doing 8 laps, they do 10.

Timing of Running Events :

- The preferred method of timing running events of this type is to have as many timers as you have runners (usually run 8 athletes at a time, so 8 timers) and a recorder with a pad of paper and pen. Each timer uses a cell phone timer or stop watch and is assigned a place (i.e. 1st place, 2nd place, etc.). Individual X who is responsible for first

place, stops there watch once the first person crosses the finish line. The timers then go to their respective individual and waits for the recorder to come and write down the athlete name and their time.

- After recording results, if there is a conflict with timing (i.e. 3rd place finisher had faster time than 2nd

place finisher) the recorder need only adjust the times and NOT the finishing place. The timers usually have the finishing place right, they simply stopped their timer slightly early or late. When in doubt, go by your eyes and adjust times, NOT placing based off of the times.

Field Event Tips :

- **Standing Long Jump** – this type of long jump is very simple to execute and several athletes can compete at one time. The easiest way is to determine a take-off line where athletes jump from the ground with two feet planted on that line. Place a tape measure or meter sticks perpendicular to the take-off line.

One individual (per group if you have multiple lines) can measure and record jump distances. They will measure from the take-off line to the farthest point back after landing (usually the heel, but if they fall backwards onto their hands, measure from their hands). Each athlete will get 3 jumps and their

best distance will be used to determine their placing. Alternatively, you can have athletes jump onto a thin gymnastics mat to lessen the impact on their legs (make sure mat is secured to the floor and unable to slide).

• **Shot Put** – this throw can be performed with 2 officials per group – one who measures and the other records distances. First you will need to determine a throwing sector which can be done with ropes, skipping ropes, cones, etc. placed in a V-Shape and placing a hula hoop

where the two lines meet. The width (between the ends of the two lines) and length of the sectors will vary, just be sure athletes are throwing within the sector. Athletes will get 3 throws each from inside the hula hoop and the throw must land in the sector. The measurer will tape a

measuring tape where the skipping ropes meet and hold the other end. When the shot-put lands, they measure where it hits the ground and not where it rolls to. They will give the measurement to the recorder and their best distance will be used to determine their placing.

• **Vertical Jump** – this jumps is very simple to incorporate into your meet. Fix a measuring tape to the wall with tape, from the floor, straight up. One individual will act as the recorder. The athletes will stand with one side to the wall and reach up with the arm closest to

the tape. The recorder will note the athlete's reach. The athlete will then jump as high as they can and touch, with the same arm, on the measuring tape. The recorder will then note this measurement and subtract the standing reach from the jumping reach to determine their

vertical jump. Each athlete will be given 3 jumps and their best vertical jump will be used to determine their placing. Alternatively, chalk can be placed on the hands to make marks more visible

• **Scissor Kick High Jump** – the equipment needed is a thick crash mat, cones, high jump standards and bar or 2 self-standing poles and a large elastic/exercise band. Set up the crash mat with two poles at the corners at the front for

starters. Then, set up a semi-circle or U-Shaped area with cones approaching the crash mat. Athletes will start by performing the scissor kick technique with no bar or elastic band. Moving forward, add the bar or elastic band across the

poles at appropriate and increasing heights. Each athlete will be given 3 attempts to clear the obstacle with a scissor kick and land on their feet on the mat.

