COMPETITION EVENTS

U11's	
Standing Vertical Jump	Circuit Relay
Standing Long Jump	1x1 Lap Relay
Standing Triple Jump	6 Lap Paarlauf
Speed Bounce	2x2 Lap Relay
Chest Push	4x1 Lap Relay
Balance Test	1 Lap
Javelin	

U13's	
Standing Vertical Jump	Circuit Relay
Standing Long Jump	4 Lap
Standing Triple Jump	6 Lap
Speed Bounce	8 Lap Paarlauf
Shot	4x2 Lap Relay
	2 Lap

U15's – all-rounder To compete in one event from each section a) to c) as well as possible opportunity to compete in one of the relays	
a) Shot or Speed bounce	8 Lap Paarlauf relay
b) Standing Long Jump or Standing Triple Jump (Boys) / Standing Long Jump or Standing Vertical Jump (Girls)	4x2 Lap Relay
c) 2 Lap or 4 Lap	