



ESAA Secondary Award Scheme

Sprints

- Maintain a maximum running speed over a short distance.
- Relax and concentrate on a fast start, running through the finish.
- Using a digital stopwatch, round times up and record to 0.1s.



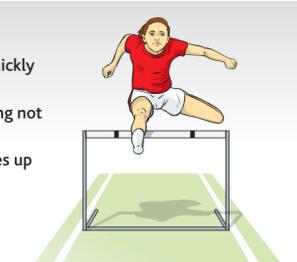
Distance

- Maintain your best possible pace across a set distance.
- Focus on running at an even pace throughout the race.
- Using a digital stopwatch, round times up and record to 0.1s.



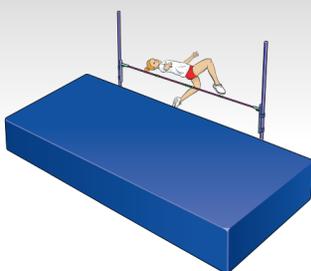
Hurdles

- Clear the eight hurdles, running as quickly as possible.
- Maintain a low centre of gravity, trying not to rise too high over the hurdles.
- Using a digital stopwatch, round times up and record to 0.1s.



High Jump

- Use the scissor jump or flop technique to clear the bar.
- Raise the bar in small increments to increase the challenge.
- Record the best height achieved before three successive failures occur.



Long Jump

- Run and jump as far as possible from the take-off board into the pit.
- Focus on a fast run-up and smooth take-off, aiming for height in flight.
- Measure the distance from the take-off board to the nearest mark in the sand.



How the scheme works

Young athletes may gain both Individual and Combined Events awards, with badges being available at each level (Bronze, Silver and Gold) for the following:

Sprints Distance Hurdles Jumps High Jump Throws Combined Events

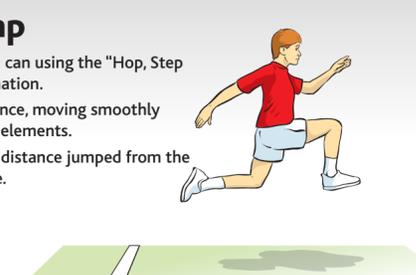
A Combined Events award can be gained for completion of either three, four or five events with athletes expected to complete at least one run, one jump and one throw. Points are required as follows to secure a Combined Events award:

	Bronze	Silver	Gold
3 events - Triathlon	3	6	9
4 events - Quadathlon	4	7	11
5 events - Pentathlon	5	9	14

Separate posters detail the Primary Award Scheme and the additional provision for young athletes with a disability. For further details on the Award Scheme including advice on organising activity, award scheme calculators and the supply of badges and certificates, please visit www.esaa.net

Triple Jump

- Jump as far as you can using the "Hop, Step and Jump" combination.
- Practise the sequence, moving smoothly through the three elements.
- Measure the total distance jumped from the initial take-off line.



Discus

- Throw the discus as far as possible – a "sling" technique.
- Aim to throw at 45° and follow through with your throwing arm.
- Measure the distance thrown to the nearest completed metre.



Javelin

- Throw the javelin as far as possible – a "pull" throw.
- Keep a high arm, pull over your head and follow through.
- Measure the distance thrown to the nearest completed metre.



Shot

- "Put" a shot of the correct weight as far as you can.
- Keep the elbow high and push the shot away from the neck.
- Measure to where the shot lands, recording to the nearest 10cm cleared.



		100m Sprint	200m Sprint	300m Sprint	800m Distance	1500m Distance	Hurdles	High Jump	Long Jump	Triple Jump	Discus	Javelin	Shot
BOYS	Gold 3 points	13.4s	28.0s	49.0s	2m 38s	5m 25s	13.8s	1.40m	4.40m	9.70m	22.00m	26.00m	8.60m
	Silver 2 points	15.0s	31.6s	53.0s	3m 05s	6m 15s	15.3s	1.24m	3.80m	8.50m	17.00m	19.00m	6.80m
	Bronze 1 points	17.5s	37.0s	58.0s	3m 40s	7m 10s	17.0s	1.00m	3.00m	6.40m	12.00m	12.00m	4.80m
		100m Sprint	200m Sprint		800m Distance	1500m Distance	Hurdles	High Jump	Long Jump		Discus	Javelin	Shot
GIRLS	Gold 3 points	14.7s	31.0s		2m 55s	6m 10s	14.0s	1.25m	3.90m		17.00m	17.00m	6.80m
	Silver 2 points	16.0s	35.0s		3m 20s	7m 26s	16.0s	1.12m	3.50m		13.00m	14.00m	5.70m
	Bronze 1 points	18.0s	38.0s		4m 10s	9m 00s	18.0s	0.90m	2.80m		9.00m	9.00m	4.60m