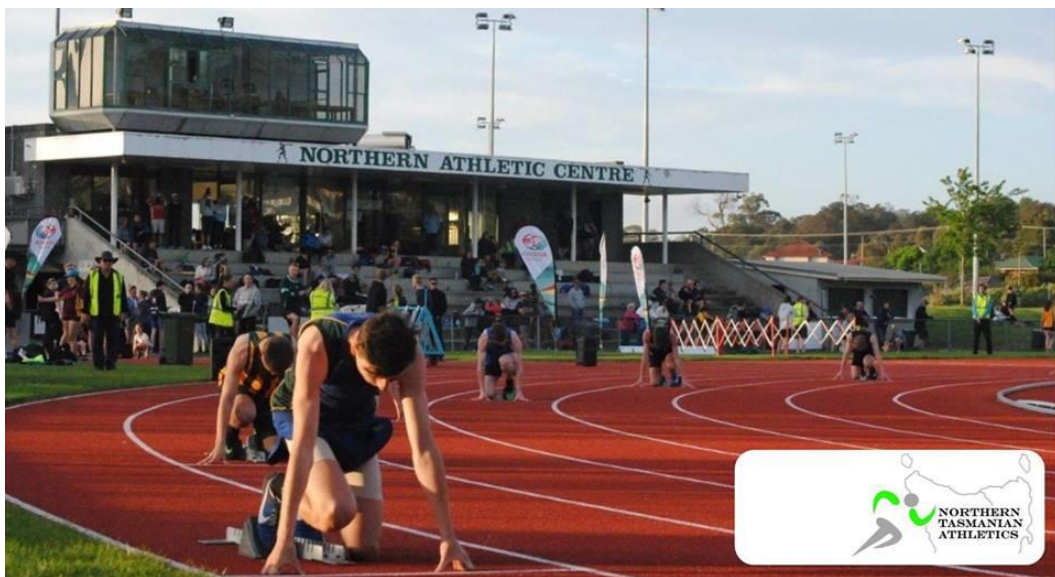




## Northern Tasmanian Athletics - 2019 Team Heptathlon

Northern Tasmanian Athletics is excited to announce the 2<sup>nd</sup> Northern Tasmanian Athletics Teams Heptathlon event to take place on Wednesday 18<sup>th</sup> December 2019 at 6:30pm. This innovative event is open to all Athletics Tasmania & Masters registered athletes as well as Little Athletes aged 12 years or older.

This new concept is sure to create plenty of interest with some great competition promised over the 7 events. The events include 100m, 800m, Long Jump, High Jump, Shot Put, Javelin, Relay.



### Event Facts:

- Teams are to consist of 3 athletes all from the same Club.
- Makeup of the team can be mixed ages and gender.
- Each athlete must compete in 2 events each plus the relay.
- The 100m will be a handicap event with each athlete's 3 top seasons best performances averaged to determine their handicap.
- The 800m will be handicapped the same as the 100m and will be run as a time lapsed event.
- Athletes in throwing events will throw their age appropriate implement.
- Points for Jumps and Throws will be awarded on a differential basis. Seasons best v performance. Athletes will then be ranked on their differential for the event to determine finishing order.
- High Jump athletes get a total of six attempts. 3 consecutive failures ends your comp
- Relay is a 3 x 100m handicap and will be run under the same conditions as the 100m.
- Points – 5 points will be awarded to the highest ranked athlete for each event, 2<sup>nd</sup> – 4 points, 3<sup>rd</sup> – 3 points, 4<sup>th</sup> – 2 points, all other participants - 1 point.
- Points will be accumulated over the 7 events.
- Entries close 5:00pm 16<sup>th</sup> December 2019.

**Get a team together and come along for a fun filled night of competition!**



## Northern Tasmanian Athletics - 2019 Team Heptathlon

### Entry Form

**Team Name:** .....

**Club:** .....

Each athlete is to select which event they will be doing and provide their Seasons Best for that event. All athletes must provide their top 3 performances in the 100m for 2018/19 season and 800m runners must also provide their top 3 times.

<b>Athlete Name:</b>				
<b>Event</b>	<b>Tick</b>	<b>Season Best</b>	<b>2<sup>nd</sup> Best Performance</b>	<b>3<sup>rd</sup> Best Performance</b>
100m	<input type="checkbox"/>			
800m	<input type="checkbox"/>			
Long Jump	<input type="checkbox"/>			
High Jump	<input type="checkbox"/>			
Shot Put	<input type="checkbox"/>			
Javelin	<input type="checkbox"/>			
<b>Athlete Name:</b>				
<b>Event</b>	<b>Tick</b>	<b>Season Best</b>	<b>2<sup>nd</sup> Best Performance</b>	<b>3<sup>rd</sup> Best Performance</b>
100m	<input type="checkbox"/>			
800m	<input type="checkbox"/>			
Long Jump	<input type="checkbox"/>			
High Jump	<input type="checkbox"/>			
Shot Put	<input type="checkbox"/>			
Javelin	<input type="checkbox"/>			
<b>Athlete Name:</b>				
<b>Event</b>	<b>Tick</b>	<b>Season Best</b>	<b>2<sup>nd</sup> Best Performance</b>	<b>3<sup>rd</sup> Best Performance</b>
100m	<input type="checkbox"/>			
800m	<input type="checkbox"/>			
Long Jump	<input type="checkbox"/>			
High Jump	<input type="checkbox"/>			
Shot Put	<input type="checkbox"/>			
Javelin	<input type="checkbox"/>			