

**Northern Tasmanian Athletics**

**2021 Team Heptathlon**

Northern Tasmanian Athletics is excited to announce the 4th Northern Tasmanian Athletics Teams Heptathlon event to take place on Wednesday 22 December 2021 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 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, and **must have competed in their allocated events at least twice in the season**
* 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, 2nd – 4 points, 3rd – 3 points, 4th – 2 points, all other participants - 1 point.
* Points will be accumulated over the 7 events.
* Entries close 5:00pm 20 December 2021
* <https://www.northerntasathletics.org.au/>

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

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**2021 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. Athletes must have competed in the events that they have chosen at least twice this season. All athletes must provide their top 3 performances in the 100m for 2021/2022 season and 800m runners must also provide their top 3 times.

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| --- | --- |
| **Athlete Name:** |  |
| **Event** | **Tick** | **Season Best** | **2nd Best Performance** | **3rd Best Performance** |
| 100m |  |  |  |  |
| 800m |  |  |  |  |
| Long Jump |  |  |  |  |
| High Jump |  |  |  |  |
| Shot Put |  |  |  |  |
| Javelin |  |  |  |  |
| **Athlete Name:** |  |
| **Event** | **Tick** | **Season Best** | **2nd Best Performance** | **3rd Best Performance** |
| 100m |  |  |  |  |
| 800m |  |  |  |  |
| Long Jump |  |  |  |  |
| High Jump |  |  |  |  |
| Shot Put |  |  |  |  |
| Javelin |  |  |  |  |
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| **Event** | **Tick** | **Season Best** | **2nd Best Performance** | **3rd Best Performance** |
| 100m |  |  |  |  |
| 800m |  |  |  |  |
| Long Jump |  |  |  |  |
| High Jump |  |  |  |  |
| Shot Put |  |  |  |  |
| Javelin |  |  |  |  |