

URDD Athletics 2023 - DNA Format – Partnership with Welsh Athletics

- DNA Format: 2-2.5hr programme
- Multidisciplinary
- Secondary Schools (Yr.7 | Yr.8 | Yr.9 | Yr.10)

Format of Competition

To promote both multi-disciplinary competition and a fun, engaging format, all athletes will compete in one running event, one throwing event and one jumping event before participating in a 4x200m relay. Points will be awarded based on three individual events with the combined points total determining the team's standing before the relay.

Events that make up the competition

100m, 600m, Long Jump, Shot Put. These will be followed by the 4x200m relay

Each athlete will have three trials in the Long Jump & Shot Put.

Teams

Teams are to be made up of **2 boys and 2 girls**. All athletes will compete in the Long Jump and Shot Put, with 1 boy and 1 girl taking part in each individual track event.

Schools can enter a maximum of 2 teams per year group.

Groups

- Maximum of 32 teams per year group
- Teams will be split into 4 pools of 8 teams and will rotate around their events as a group

Scoring

The World Athletics Points scoring tables will be used to calculate points score for each individual performance and these will contribute towards team totals. Team totals after all athletes have competed in their individual events will determine the seeding of the relay teams.

Roles and Responsibilities

As per previous formats there will be certain duties that schools must commit to supporting with on the day of the event, such as officiating and marshalling groups.

Timetable – Morning session: Yr7 & Yr.8

	Group 1	Group 2	Group 3	Group 4
09:00 – 09:30	Teams Arrive			
09:30 – 10:00	Warm up			
10.00	100m/600m	Long Jump	Shot Put	Rest
10.30	Rest	100m/600m	Long Jump	Shot Put
11.00	Shot Put	Rest	100m/600m	Long Jump
11.30	Long Jump	Shot Put	Rest	100m/600m
12.00	The Hunt 4 x 200m Relays (ranked based on points)			
	END			

Afternoon session: Yr.9 & Yr.10

	Group 1	Group 2	Group 3	Group 4
12:30	Teams Arrive			
	Warm up			
13.00	100m/600m	Long Jump	Shot Put	Rest
13.30	Rest	100m/600m	Long Jump	Shot Put
14.00	Shot Put	Rest	100m/600m	Long Jump
14.30	Long Jump	Shot Put	Rest	100m/600m
15.00	The Hunt 4 x 200m Relays (ranked based on points)			
15:30	END			