

# Giant Heptathlon

**Schools Resource  
2019-20**

Sprint  
Hurdles  
Shot Putt  
Step Up Challenge  
Endurance Challenge  
Standing Long Jump  
Standing Triple Jump

## Giant Heptathlon **WHAT IS IT AND WHO IS IT FOR?**

Giant Heptathlon is an exciting participation and competition format for secondary one and two year groups. It provides a great opportunity for secondary schools to introduce the basic principles of athletics within a fun, team based environment that can be used as part of PE curriculum sessions or in a more formal competitive structure within the school (class/inter-house matches) or across local authorities (schools competing against each other).

Giant Heptathlon teams consist of fourteen pupils (seven boys, seven girls) competing across seven different events.



## Regional Finals

**scottishathletics** will be holding regional Giant Heptathlon finals and as in previous years, the results from each regional final will be included in the national virtual final.

The events that will be contested at the regional finals are:

- 40m (2 x 20m), 40m hurdles (2 x 20m), endurance challenge, shot, step up challenge, standing long jump, standing triple jump.

Organisers can adapt events as required when delivering local events, however the events at the regional finals will be delivered as per the booklet guidelines. In addition, at regional finals the following guidelines will be in place:

- Each team will have 12 minutes on each of the seven events. Team Managers will be responsible for managing this time on each event (eg. time for trial attempts plus scoring attempts)
- Teams will move to the next station when instructed to do so by the competition organiser
- Athletes can have no more than three scoring attempts in any one event (this should apply in local events also)
- Depending on numbers of teams, multiple stations may be used with schools rotating in pairs or individually. Any school rotating individually can only use one station
- In all events, athletes should participate in the order they appear on the original team sheet
- Reserves can compete alongside their teammates as non-scoring athletes within the time restrictions of the rotations. However, they cannot compete alongside teammates in the endurance challenge
- If a scoring athlete is ill or injured the reserve may take their place. An athlete dropping out is not allowed to return as a scoring athlete
- The competition organiser will supply officials to record teams scores in each event.  
All these officials will receive training prior to the event to ensure consistency across venues

### 2019 national Giant Heptathlon winning school

Following the regional finals, overall team performances from all participating schools will be run through a points scoring table. The school with the highest overall points total will be announced as the winners of the 2019 Virtual National Giant Heptathlon.

The winning school will be presented with an award alongside an international athlete visit.



# Giant Heptathlon EVENTS

## Basic information & equipment requirements

### Event 1 - SPRINT (2 x 20m sprint)

**Equipment:** 2 x officials, 2 x flags; stopwatch; 4 x cones; reversaboards

Sprint length must be 40m. Ideally 2 x 20m using reversaboards.

Athletes must begin from a standing start on instruction. No rolling starts/crouch starts permitted. All athletes to record a minimum of 1 time (with a maximum of 3 attempts each)  
All times must be rounded up to the nearest 0.1 sec – eg. 4.12 becomes 4.2.

**Set up and instructions:**

2 x cones are set 1.5m apart to denote starting point

A reversaboard or a cone is placed 20m away to denote 20m turning point.

A deceleration area should be included beyond the finish line.

The timekeeper stands at the finish line and signals to the starter that they are ready.

The starter (situated at start line) instructs the athlete “On your marks, GO” (or blow whistle).

If the track is a 40m straight the starter will drop the flag on the ‘go’ signal to indicate to the timekeeper to begin timing if the whistle isn’t being used.

The athlete sprints to the finish line, the watch is stopped when the athletes’ torso crosses the finish line and is rounded up to the next 0.1 seconds.

**Distances:** start to finish 40m; deceleration zone 10m.

### Event 2 - HURDLES (2 x 20m sprint hurdle with 4 hurdles to clear)

**Equipment:** 1 x official; 4 x cones; stopwatch; 2 x hurdles; reversaboards

(sportshall hurdles allow athletes to safely run over from both directions. Hurdles should be no more than 50cm in height).

Total sprint hurdle length should be 40m. Ideally this will be 2 x 20m using reversaboards with two hurdles in each 20m length.

Athletes must begin from a standing start on instruction.

No rolling starts / crouch starts permitted.

All athletes to record a minimum of 1 time (with a maximum of 3 attempts each)

All times must be rounded up to the nearest 0.1 sec – eg. 12.54 becomes 12.6.

**Set up and instructions:**

2 x cones are set 1.5m apart to denote starting point: A reversaboard or a cone is placed 20m away to denote 20m turning point.

A deceleration area should be included beyond the finish line.

**Distances:** the first hurdle should be placed 6.5m from the start and the second hurdle 6.5m from the first hurdle.

# Giant Heptathlon EVENTS

## Basic information & equipment requirements

### Event 3 - ENDURANCE CHALLENGE

Move 100 bean bags from one hoop to another.

**Equipment:** 1 x official; 2 x hoops; stopwatch; 100 x bean bags (or equivalent)

The distance between the front of the two hoops should be 20m. Hoops may be taped to the floor to prevent movement. Athletes should be instructed **not to throw** bags under any circumstances. Teams are split into boys and girls groups and each team will be timed separately. All times must be rounded up to the nearest 0.1 sec – eg. 2:30.41 becomes 2:30.5. A 0.5 second time penalty will be applied on each occasion a bean bag is thrown.

#### Set up and instructions:

Hoops are placed/taped to the floor 20m apart. 100 bean bags are placed in one of the hoops. Athletes must start the event empty handed, in a line, behind the full hoop. Each team (7xboys or 7xgirls) run together to retrieve the bean bags continuously rather than in a relay format.

Athletes collect one bag at a time and move them to the designated hoop, once all 100 bags have been moved the watch is stopped when the final athlete has passed the hoop that now contains all the bean bags. On each occasion if an athlete fails to run around the rear of a hoop a 0.5 second time penalty will be applied. Times are rounded up to the nearest 0.1 seconds.

**Distances:** 20m between the front of both hoops.

### Event 4 - STEP UP CHALLENGE

In 1 minute, athletes perform as many step ups onto a standard gym bench or step-up box.

**Equipment:** 3 x officials; bench or step-up box; stopwatch

Athletes perform as many step ups onto a standard gym bench or step-up box as possible in 1 minute.

#### Set Up and Instructions:

Officials should reiterate that correct step-up technique must be used to count. If using a bench two athletes can perform step-ups at same time at either end of the bench. If using step-up boxes only one athlete can compete on each step-up box. One official should be assigned to each athlete performing step-ups to ensure counting is accurate. One step-up is counted every time both feet touch the floor. On instruction of “on your marks, GO (or whistle)” athletes perform step-ups for 1 minute.

Officials to ensure correct technique is used, poor technical step ups are not counted.



# Giant Heptathlon EVENTS

## Basic information & equipment requirements

### Event 5 - SHOT PUTT

**Equipment:** 3kg shot putts (females) / 4kg shot putt (males); tape measure; mats

**Set Up and Instructions:**

Standing efforts only, no glides or rotations.

Athletes are positioned within the throwing area and from a standing stance throw the shot as far as possible into a matted area.

The athlete must stay behind the throwing line or the throw is a foul. Athletes are given one practice throw followed by a maximum of three measured efforts.

Throws are measured to the nearest 25cms rounded down closest to the throwing line.

The best throw is highlighted for recording to the scoring team.

For safety reasons only one athlete to throw at a time.

All other athletes should be positioned behind the thrower and a minimum of two metres away.



### Event 6 - STANDING LONG JUMP

**Equipment:** Standing long jump mat.

If SLJ not available a tape measure and gym mats will be sufficient. Or a sandpit could be used.

**Set Up and Instructions:**

Standing efforts only, no run ups.

Athletes are positioned on the standing long jump mat with their toes behind the take off line.

They are given one practice jump followed by a maximum of three measured jumps.

**Distances:** Measurement is taken from the back of the heel to the take off line. If any body part touches the mat behind the heel it will result in a no jump and the athlete will take their turn again.



# Giant Heptathlon EVENTS

## Basic information & equipment requirements

### Event 7 - STANDING TRIPLE JUMP

**Equipment:** Standing triple jump mat.

If STJ not available a tape measure and gym mats will be sufficient.

Or a sandpit could be used.

**Set Up and Instructions:**

Standing efforts only, no run ups.

Athletes are positioned on the standing triple jump mat with their toes behind the take off line.

They are given one practice jump followed by a maximum of three measured jumps.

Measurement is taken from the back of the heel to the take off line. If any body part touches the mat behind the heel it will result in a no jump and the athlete will take their turn again.

A valid jump consists of a HOP, a STEP and a JUMP in consecutive order and in one movement.

**NB** Athlete lands on the same foot, other foot then two feet.

### EXTRA TEAM EVENT (Optional non-scoring)

Relay: 7x1 Lap Relay Race. Each athlete runs approx 60m.

**Equipment:** 2 x cones for each team, relay baton for each team, mat for each team to sit on, 2 x cones for start/finish Line. stopwatches, whistle.

**Set Up and Instructions:**

Start/finish cones are placed in the middle of the hall to denote line. One mat per team is placed along the start/finish line for non-running athletes to sit on. Cones for each team are placed at each end of the hall for athletes to sprint around.

On instruction of "On your marks, get set and GO" the first athlete sprints from the start line around the cone at one end of the hall, they then proceed towards the cone at the other end of the hall, around this and back towards the start line. The next athlete is then waiting to take the baton and follow the same circuit. The final athlete in the relay will stop the clock when their torso crosses the finish line.

Athletes who have completed their run also sit on the mats.

**Distances:** Start/finish line to cone 15m, cone to cone 30m.

# Giant Heptathlon LOCAL EVENTS

**Local Event Format** Giant Heptathlon is delivered within a standard games hall using a range of athletics equipment.

The following format is an example of how a local Giant Heptathlon event could work. This can be adapted to meet your needs.

**AM – Teaching/coaching sessions** To introduce the basic skills required in running, jumping and throwing events. Teams of seven girls and seven boys will rotate around events with school teaching staff moving around with the children and assisting where required with sessions.

**PM – Competition** Teams rotate around the 7 stations, with every child participating in each event.

The 4-5-hour session can be flexible and if required it can be run over two evenings or only with the competition element, which takes 2 hours.

Further information can be found on the **scottishathletics** website:

[www.scottishathletics.org.uk/teachers/giant-heptathlon-secondary-programme/](http://www.scottishathletics.org.uk/teachers/giant-heptathlon-secondary-programme/)

## Event Scoring

The team score at each event will be determined by the cumulative total of every athlete's performance. The 14 (7 boys and 7 girls) best results in each, should be added together to reach the total time/ distance.

Please see Appendix 1 (pg 14) ... for an example of a completed event score sheet for up to 10 teams.

Overall scores will now be done electronically and the master electronic score sheet can be downloaded from the **scottishathletics** website. **A laptop will be required for your event.**

At the completion of each rotation, team results should then be transferred on to the master electronic score sheets and the overall points allocated.

**Winning scores are based on the overall team points score after all seven events have been completed.** In the event of a tie the scores of the tied schools will be compared in each of the seven events. The winner will be the school with the most event wins in the head-to-head comparison. In the unlikely event that this still fails to separate the teams then the team that recorded the fastest time (combined boys and girls) on the endurance challenge will be declared the winner.

Visit <http://www.scottishathletics.org.uk/teachers/giant-heptathlon-secondary-programme/> for downloads.

**Please note** that although this is our recommended scoring procedure and the procedure used at the regional finals, local event organisers can amend the procedure for their local events to best suit their needs.

It is advisable that you allocate at least one person to be in charge of the overall results. This person should collate team sheets after each event and input the results into the overall electronic score sheets.



# Giant Heptathlon **SUGGESTED EQUIPMENT LIST**



## General

- All associated paperwork • Table and chair for scoring • Whistle/horn for changeover
- Clipboards/pens/spare paper/calculator/blue tac
- Certificates and any other appropriate prizes optional • PA System if required

## scottishathletics **GIANT HEPTATHLON**

EVENT	EQUIPMENT
Sprint	Stopwatch, whistle or x2 flags, x4 cones, reversaboard
Hurdles	Stopwatch, whistle or x2 flags, x4 cones, x2 hurdles per lane, reversaboard
Endurance Challenge	100 bean bags, stopwatch, 2 hoops, whistle cones, measured area
Standing Long Jump	Standing long jump mat, or sandpit or mats, tape measures
Standing Triple Jump	Standing triple jump mats or sandpit or mats, tape measures
Shot Putt	3kg shot putt (female) / 4kg shot putt (male), designated throwing area and mats, tape measure
Step Up Challenge	Gym bench or step-up boxes, whistle to start challenge, stopwatch
Relay	Stopwatches, whistle, relay batons, cones, mats

Resources to support your event can be downloaded from the scottishathletics website or be emailed, on request, by contacting your National Club Manager.

## EXAMPLE TIMETABLE

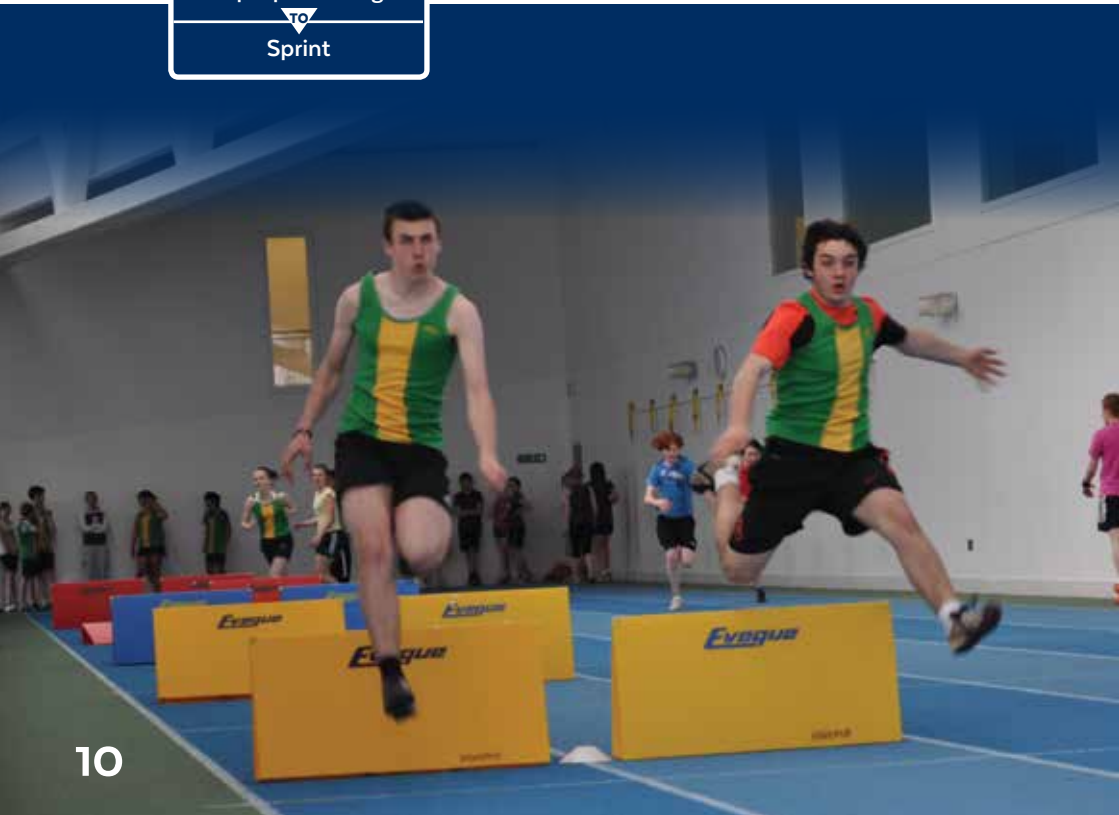
TIME	ACTIVITY
0800	Set up of activity areas
0900	Briefing with event coaches and their set up
0930	Teams arrive, brief team managers/helpers on their role
0945	Welcome, introductions and teams directed to first rotation
1000	Competition sessions - 12 minutes at each station and 2 minutes between each station
1145	Relays
1200	Final scores announced, prize awarded (if appropriate), follow on activity information provided, thanks to team managers, coaches and other helpers

# Giant Heptathlon **EXAMPLE ROTATIONS**

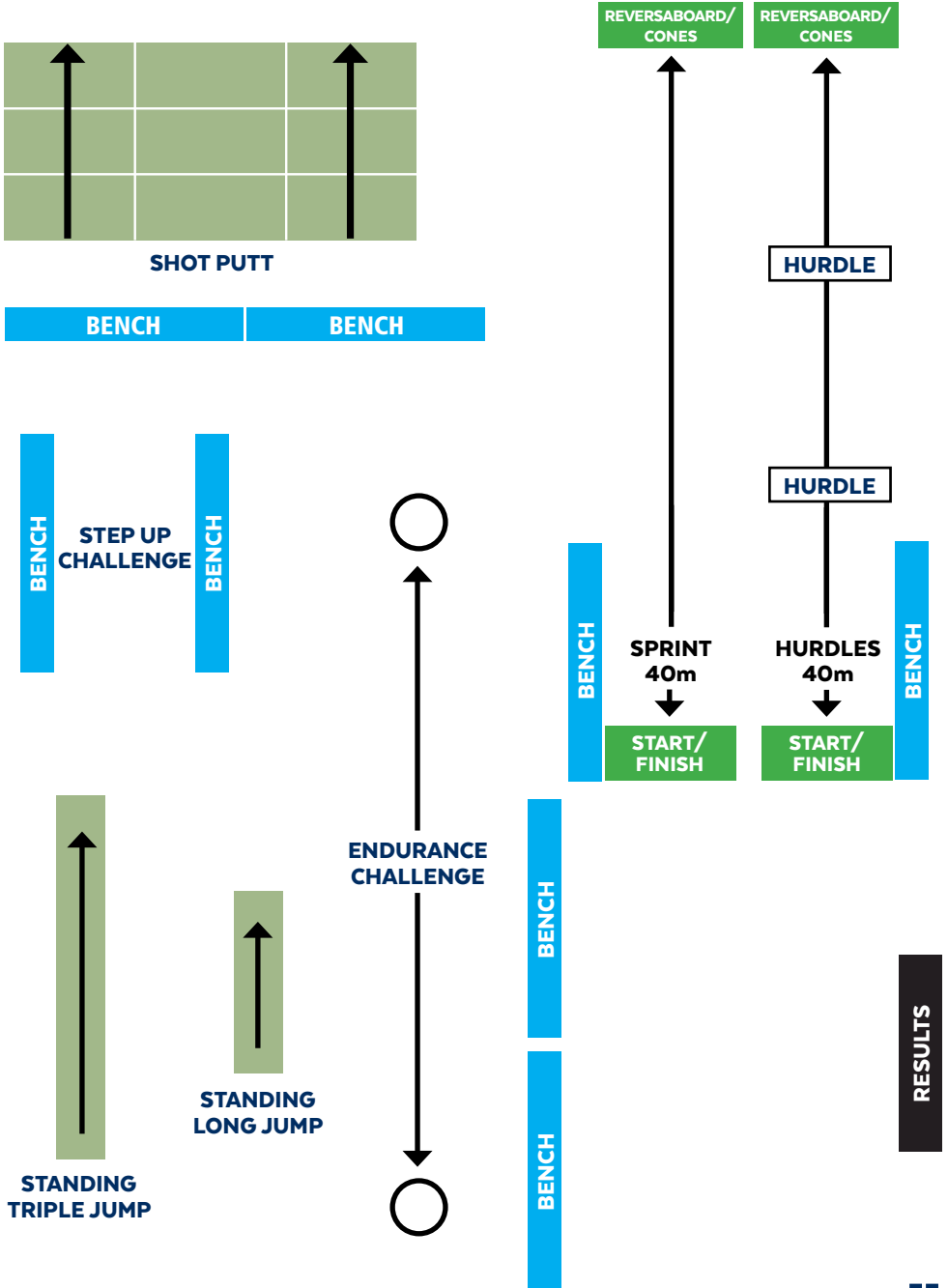
**NB.** The change of each station will be by 3 blows on the whistle. This is a warning for the coaches and they should finish the session within the next minute and send to next station.

ROTATION
Sprint
▼ TO
Shot Putt
▼ TO
Standing Long Jump
▼ TO
Endurance
▼ TO
Standing Triple Jump
▼ TO
Sprint Hurdles
▼ TO
Step Up Challenge
▼ TO
Sprint

STARTING STATIONS	
Team One	Sprint
Team Two	Shot Putt
Team Three	Standing Long Jump
Team Four	Endurance
Team Five	Standing Triple Jump
Team Six	Sprint Hurdles
Team Seven	Step Up Challenge



# Giant Heptathlon EXAMPLE GAMES HALL LAYOUT

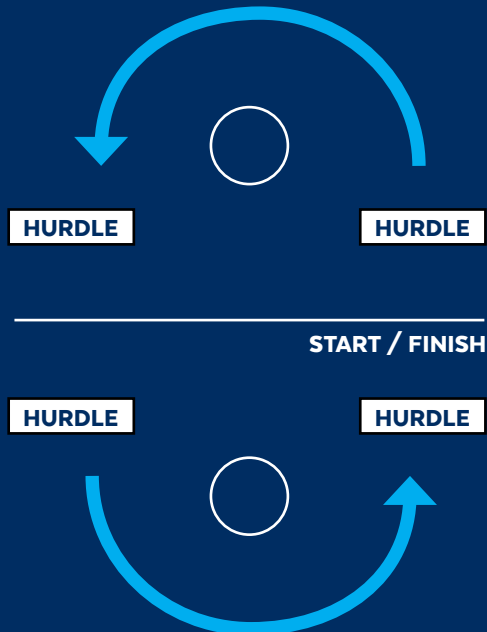
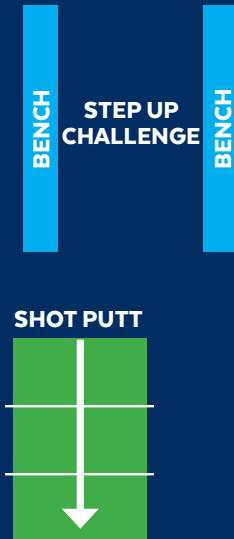


# Giant Heptathlon EXAMPLE SMALL GAMES HALL ROTATION & LAYOUT

ROTATION
Endurance
▼ TO ▼
Shot Putt
▼ TO ▼
Hurdles
▼ TO ▼
Endurance
▼ TO ▼
REST (reset hall)
▼ TO ▼
Standing Triple Jump
▼ TO ▼
Sprint
▼ TO ▼
Standing Long Jump
▼ TO ▼
Endurance
▼ TO ▼
Standing Long Jump

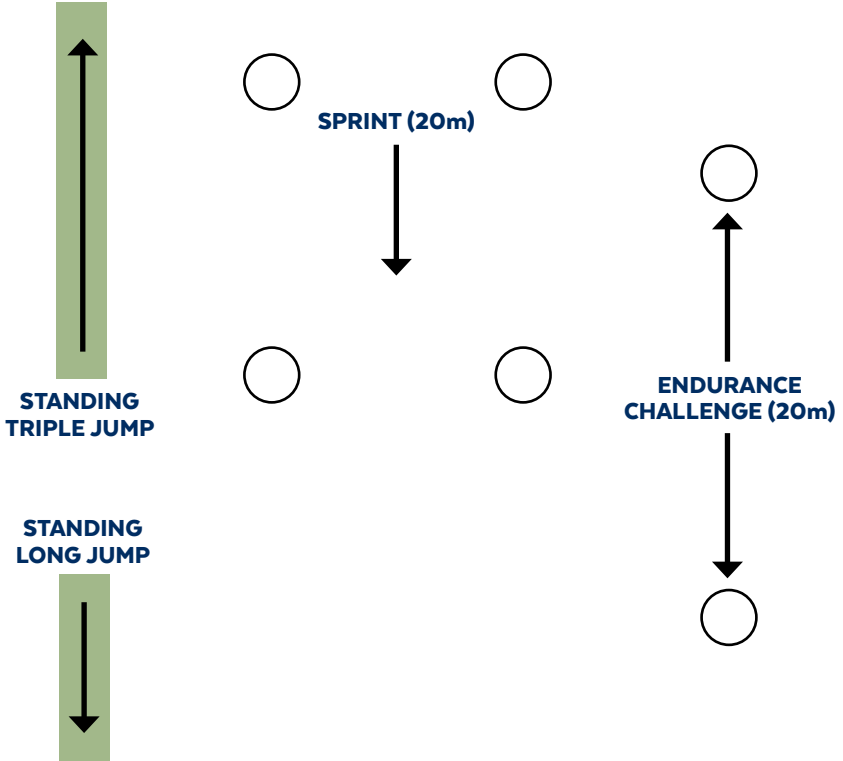
STARTING STATIONS	
Team One	Endurance
Team Two	Shot Putt
Team Three	Hurdles
Team Four	REST
FOLLOWING HALL RESET	
Team One	Standing Triple Jump
Team Two	Sprint
Team Three	Standing Long Jump
Team Four	Endurance

## SESSION 1



# Giant Heptathlon EXAMPLE SMALL GAMES HALL ROTATION & LAYOUT

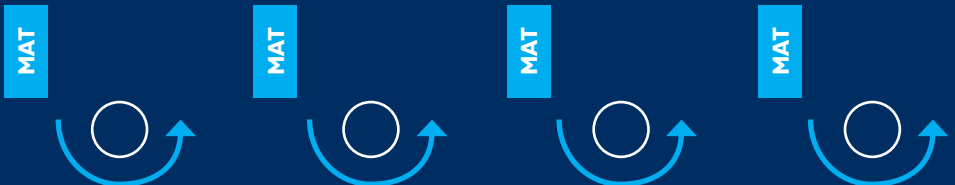
## SESSION 2



### RELAYS



### START / FINISH



# Giant Heptathlon APPENDIX 1

## Example Event Scoresheet

EVENT	STANDING LONG JUMP
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### GIRLS

NAME	TRIAL 1	TRIAL 2	TRIAL 3	BEST
	3.01	3.11	3.18	3.18
	3.04	3.12	3.19	3.19
	3.05	3.13	3.20	3.20
	3.06	3.14	3.21	3.21
	3.07	3.15	3.22	3.22
	3.08	3.16	3.23	3.23
	3.09	3.17	3.24	3.24
				TOTAL 22.47

### BOYS

NAME	TRIAL 1	TRIAL 2	TRIAL 3	BEST
	3.01	3.11	3.18	3.18
	3.04	3.12	3.19	3.19
	3.05	3.13	3.20	3.20
	3.06	3.14	3.21	3.21
	3.07	3.15	3.22	3.22
	3.08	3.16	3.23	3.23
	3.09	3.17	3.24	3.24
				TOTAL 22.47

COMBINED TOTAL OF GIRLS & BOYS

44.94



# Giant Heptathlon

