

DUATHLON



TEAM INFORMATION

- Pupils must be in current Year 1-6.

RULES

- Pupils complete the 2 individual events on their own
- Each school year will be recorded separately
- Boys and Girls will be recorded separately
- There are 12 different categories; boys and girls in each individual year group, from Year 1-6.

SCORING

- Each pupil gets a time for each of the 2 events then adds them all together for an overall time.
- Schools/Parents to submit total times for individual pupils to their SGO via Google Form.
- If schools have 3 entries in any year group, then the best 3 individual scores will be entered as a total team time by the local SGO once the competition closes.

SCHOOL GAMES VALUES

School Games has 6 key values. For this competition the focus will be determination, honesty and self belief.



EVENT 1: CYCLING – BEAR CRAWL

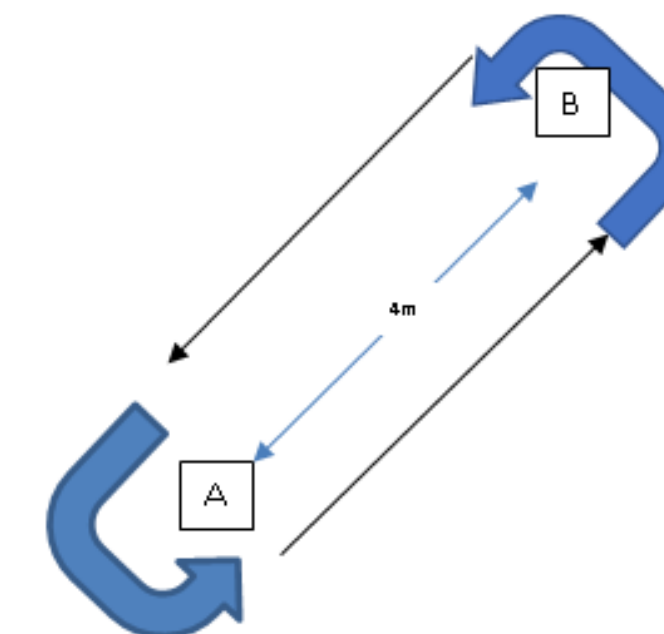
<https://youtu.be/W85keg9aFKI>

Equipment

- 2 Markers (you could use a towel or anything as a marker!)
- Tape Measure
- Stopwatch

How to play

- Put down 2 markers 4 metres apart.
- Start on ALL FOURS at marker A and time how long it takes to go round the outside of the markers 5 times (5 laps) (Bear Crawling; this is on your hands and feet like in the photo below, or watch the video for further information.)
- At least one hand and one foot must be in contact with the floor all the time – NO SHORT CUTS!
- Record your time



EVENT 2: RUNNING – SHUTTLE RUNS

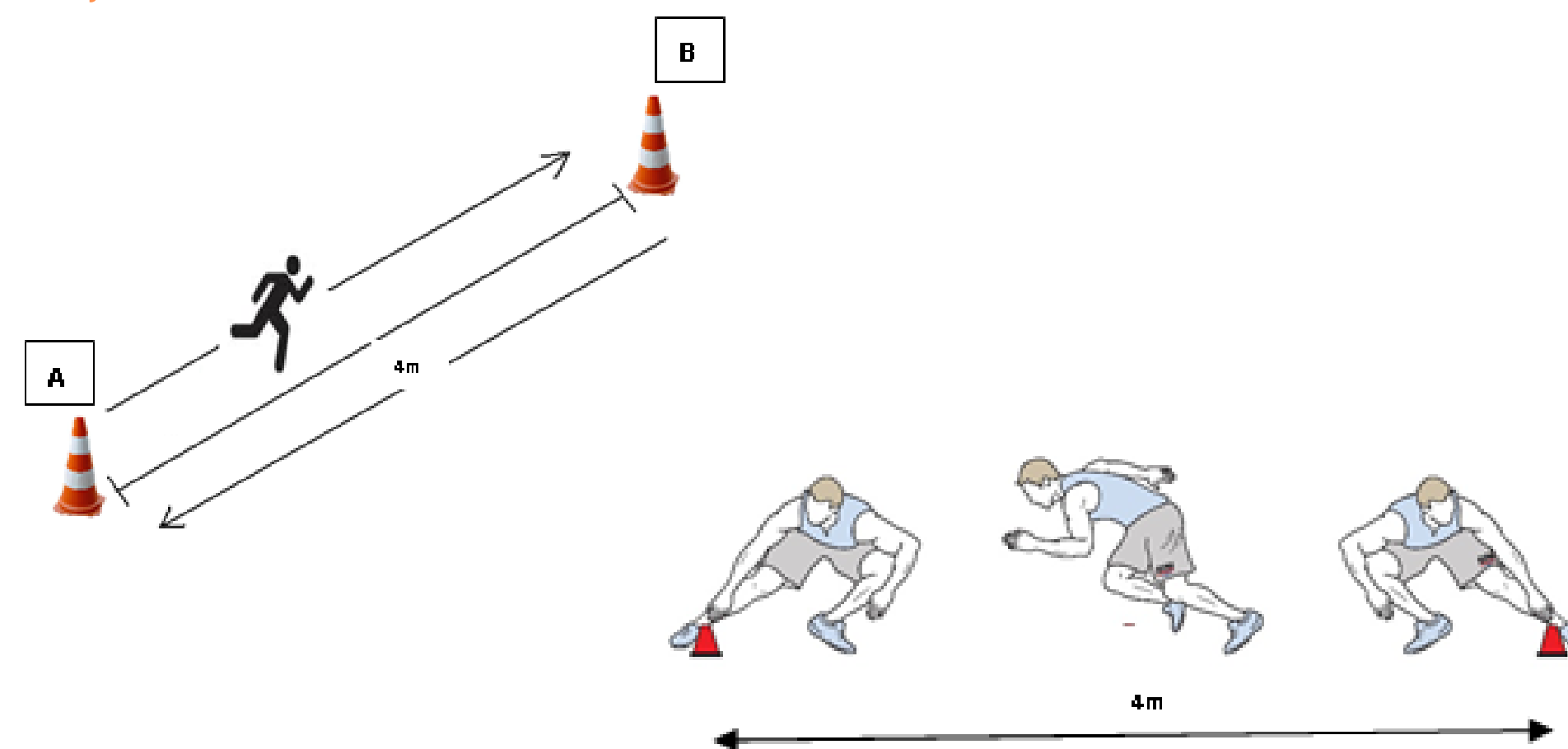
<https://youtu.be/90y3UgqbOCQ>

Equipment

- 2 Markers (you could use a towel or anything as a marker!)
- Tape Measure
- Stopwatch

How to play

- Put 2 markers (A & B) 4 metres apart.
- Start at marker A and time how long it takes to run from A to B and back 20 times non-stop.
- Make sure you touch each marker each time you run to it – NO SHORT RUNS!
- Record your time



HOW TO ENTER

- Keep track of the times that your child/pupil achieves in each event and once both events have been completed, parents/guardians or teachers must then submit the times for their child/ pupil.
- Parents/Guardians- Please use the Google sheet link below to enter your child's times. If you do not see your school listed on the link you have clicked on then it means you have clicked on the wrong area.
- Teachers- (for any teachers in school with pupils) Please use the following Google form link to submit your pupils times.

GOOGLE FORM LINKS:

Area	
South Staffordshire (Chris Wood)	https://bit.ly/2NvzwWo
Lichfield and Burntwood (James Austin)	https://bit.ly/2CHuggb
Cannock and Rugeley (Thomas Rowell)	https://bit.ly/2YwVJtl
Tamworth (Jim Tipper)	https://bit.ly/2Nq5Nhs
East Staffordshire (Rebecca Furniss)	https://bit.ly/3hXji6z
Stafford and Stone (Susie Stinton)	https://bit.ly/3dBKynw
South Stoke (Vicki Lightfoot)	https://bit.ly/2VjPuHn
North Stoke (Nigel Edwards)	https://bit.ly/3exQC1R
Staffordshire Moorlands (Zoe Harp)	zharp@btconnect.com
Newcastle-under-Lyme (Carl Inskip)	https://bit.ly/2NqKCLK

- Your competition entry will be sent directly to your local School Games Organiser.
- Entries for the Triathlon competition must be received by your local School Games Organiser by **5pm on 10th July.**

Don't forget; share your entry on Twitter and copy in your Local School Games Organiser and also @StaffsSG

KEEP SAFE!

Ensure your teacher or parent/guardian submits your entry via the Google form link as it will also ask if your local School Games Organiser and Staffordshire and Stoke-on-Trent County School Games can use your details and/or video on their social media pages and also in any associated newsletters/publications.

RESULTS

Local District Qualifiers- Your School Games Organiser will announce the winning school on Tuesday 14th July. They will do this via their School Games Organiser Twitter page and they will also contact the winning school via email.

County Final- The winning school will be announced after the 14th July on @StaffsSG Twitter. The winning school will also be contacted via email.

SCHOOL GAMES ORGANISER CONTACT DETAILS:

Cannock & Rugeley	Thomas Rowell	Trowell@suacademy.co.uk	@StaffordshireU5
East Staffordshire	Rebecca Furniss	furniss.r@robertsutton.staffs.sch.uk	@Eaststaffssp
Lichfield & Burntwood	James Austin	J.Austin@EDA.staffs.sch.uk	@Lichandburntsgo
Newcastle-under-Lyme	Carl Inskip	cinskip@ccsc.staffs.sch.uk	@NulSgo
North Stoke	Nigel Edwards	nedwards@excelacademy.info	@SspStoke
South Staffordshire	Chris Wood	cwood@cheslynhay.windsoracademytrust.org.uk	@SS_staffsSGames
South Stoke	Vicki Lightfoot	VLightfoot@trenthamacademy.co.uk	@SchoolStoke
Stafford and Stone	Susie Stinton	s.stinton@smhs.staffs.sch.uk	@Stafford_SG
Staffordshire Moorlands	Zoe Harp	Zharp@btconnect.com	@sspmoorlands
Tamworth	Jim Tipper	jtipper@rawlettschool.org	@TamworthPSSC

COUNTY SCHOOL GAMES COORDINATOR CONTACT DETAILS:

Staffordshire & Stoke-on-Trent County School Games	Camilla Denham-White	cdenham@staffordbc.gov.uk	@StaffsSG
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PRIZES

Local District Qualifiers- Each pupil that enters the competition will receive a certificate which will be emailed directly to their teacher via PDF to download.

County Finals- There are 12 different categories; boys and girls in each individual year group, from Year 1-6. For each category, the winning school will receive a trophy and gold medals. The school that comes 2nd will receive silver medals and the school that comes 3rd will receive bronze medals. For each category, the winning individual will receive a gold medal, the individual that came 2nd will receive a silver medal and the individual that came 3rd will receive a bronze medal. All entrants will also receive a Staffordshire and Stoke-on-Trent Virtual School Games County Final certificate. (The school will receive these in September 2020).

