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| **Superstars Event Programme** |
|  |
| **Tuesday**  |
|  |
| **19.30 hrs-Wall - All Competitors** |
|  |
|  |
| **Wednesday** |
|  |
| **09.00 hrs - 100m** |
|  |
| **09.30- 10.30 hrs - Archery/Shooting** |
|  |
| **10.30- 1200 hrs - Bleep Test small dance hall**  |
|  |
| **Lunch** |
|  |
| **13.30 hrs - Gym Tests/ small dance hall** |
|  |
| **Men - Pull ups/ sit ups / Kettle bell hold/ burpees** |
| **Ladies - Press ups / sit ups / kettle bell hold / burpees** |
|  |
| **Cricket Ball Throw- Ladies- Mens** |
|  |
| **Indoor Rowing- Palms centre Reserve 3 machines** |
| **Ladies- Mens**  |
|  |
|  |
| **Thursday** |
|  |
| **10.00 hrs - Orienteering** |
|  |
| **Points Scoring** |
|   |
| 100 points awarded for Men and Ladies with highest points in each event |
| 99 points awarded to 2nd place and so on... |
| Where points tie, equal points will be awarded. Next point level will drop one or more depending on number tied. |
|   |
| **Joker Event to be nominated at start of competition giving double points to your chosen event.** |
|  |

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| --- |
|  - **Climbing Wall** |
|   |
| **Indoor Gym** |
|    |
| One practice climb allowed on wall 1 |
| Timed climbs up walls 2, 4 and 5 in that order |
| To start one foot must be on the floor. Can use hand or foot to push timer start button.  |
| Time finish when red button pushed at top point |
| Maximum of 3 minutes allowed to complete each wall |
| There will be a timed 30 seconds minute rest to re hook and start each wall. |
| A wall not climbed or not completed within 3 minutes will incur a 3 minute penalty |
|   |
| **Points:** Based on total time added together for 3 walls |

|  |
| --- |
|   **- 100m Sprint** |
| **Outdoors** |
|   |
| Sprint over measured distance  |
| Course on grass between two points |
| Distance to be in one straight line |
| To be run in groups of each gender/ age cat |
| Timed Event |
| Good grip footwear to be worn, football boots or spikes |
|   |
| Any start: standing or crouch is allowed |
| Start on commands: On your marks, get set, whistle blow |
|   |
| Two false starts- disqualified - No points |

|  |
| --- |
|  **- Shooting** |
| Potters Rifle shooting Gallery |
|  |
| Demonstration given by qualified Staff (Standing shots only no rests) |
| Followed by each person having 5 practice shots only on gun to be used. |
| Points based on 5 shots at target |
| Target rings to be graded  |
|  |
| **Points:** Based on total added together |

|  |
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|  |
|  **- Archery** |
|   |
| **Indoor/Outdoor Archery Arena** |
|   |
| Demonstration given by qualified Staff |
| Followed by each person having 5 practice shots only |
| Points based on 5 shots at target |
| Target rings to be graded 10 Gold, 8 Red, 5 blue, and 1 black |
|   |
| **Points:** Based on total added together |

 |  |

 -  **Bleep Test**  |
| **Indoor Gym**  |
| Pre- set distance starting from level 0 |
| Foot must touch **OVER** the line on or before each bleep **(ONE WARNING**  |
| **PERMITTED)** |
| You must wait for the bleep before you complete your next shuttle.  |
|   |
| **Points:** Based on highest level achieved |

|  |
| --- |
|  **- Gym Test** |
|   |
| **Indoor Gym** |
|  |
| **Men**  **Woman** |
| Chin Ups   Press ups  |
| Two minutes Rest Two minutes Rest |
| Medicine Ball Sit Ups    Medicine Ball sit ups |
| Two minutes Rest Two minutes rest |
| Kettle Bell Raise Kettle Bell Raise |
| Two minutes Rest Two minutes Rest |
|  Burpees Burpees |
|  |
| **Points: Each discipline carries its own individual score** |

**Guide Notes**

 **Chin Ups Test** is conducted as follows: **Press Ups**

* Hang from the bar, palms facing your body As directed
* Pull up until your chin is level with the bar
* Lower until you arms are straight
* Repeat as many times as possible

Record the total number of reps until failure

 **Medicine Ball Sit Ups** is conducted as follows:



Lie on the mat with the knees bent, feet off the floor not crossed and back off floor.

 Holding the medicine ball twist touching the ball on either side of your body so it touches the floor.

 Touching both sides is 1 rep.

 Complete until failure either through fatigue or feet or shoulder blades touches the floor.

 **Burpees** are conducted as follows



From standing position (straight back)

Into squat thrust position- complete 1 squat thrust

Return to standing position (straight back) to complete 1 rep.

 **Kettle Bell Raise** is conducted as follows:

Men

 Use left or right arm to lift bell to side at 90 degree angle

 Hold in this position as long as you can

Women

 Hold the kettle bell with both hands in front of you at 90 degrees

 Hold this position as long as you can



|  |
| --- |
| **- Cricket Ball Throw** |
| Potters Field |
|  |
| Standard size cricket ball used |
| Best distance of three throws measured from throw line. |
| Measured from where the ball **lands** not where is rolls. |
| **Points:** Based on furthest distance thrown from throw line. |
|  |

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| --- |
|  **- Indoor Rowing** |
|   |
|  **Gymnasium** |
|   |
| Rowing over 10 minutes duration |
| Approved Rowing machines used on site |
| Resistance setting is competitor’s choice |
| Total Distance recorded |
|   |
| **Points:** Based on distance travelled in metres in given 10 minutes |
|  |

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|  |
|  - **Orienteering** |
|  |
| **Outdoors within Potters Property Boundary to include beach** |
| **Cross country with no roads** |
| **No Marshalls Required** |
|   |
| Combined navigation exercise with distance run |
| Distance circa 5-10 kilometres |
| Each competitor provided with map and compass and a control card that indicates description of places to visited |
| One minute allowed studying map and orientating before start |
| Interval start from given location with at least two minutes between each competitor |
| Competitors navigate around series of check-points in numbered sequence shown on map |
| Competitor clips control card at each checkpoint with unique control punch |
| In the unlikely event of a check-point kite/punch being stolen an orange reflective number will also be displayed at the checkpoint. This number would be recorded as a back-up to verify your visit |
| Any choice of route between check-points  |
| Timed from start to finish |
| No points awarded if any one checkpoint is missed |
|   |
| **Points:** Based on fastest time and having visited every checkpoint |