

RJT



Pentathlon

RJT Pentathlon

What is RJT Pentathlon?

The RJT Pentathlon is an organised multi event competition that is designed to give more children the opportunity to participate while measuring their own progress. It can be run by schools and clubs to practise the core skills of athletics or can be used as an alternative competition model for interschool and interclub competitions.

The Pentathlon is designed to be done anywhere and does not need a traditional athletics track. There are five activities that are all modified and appropriate for the Run Jump Throw target age group 6 – 11 years old.

How Does the Pentathlon Work?

Each individual completes each of the 5 activities. Their performance in each is measured against a points table. Each individual will receive an overall score for the 5 events. It is designed to encourage participants to give each activity a go even if they feel it is not their strength. It is the overall score and the participant's progress with this score over time that counts.

Scoring Table

The scoring table is an easy to use Excel spreadsheet. All you need to do is enter each participant's performance into the spreadsheet and it will populate the overall score.

The RJT Pentathlon Scoring table is available at:
www.athletics.org.nz

Can the Pentathlon Work as a Team Event?

It sure can. You can choose the size of the team but all teams need to be consistent in numbers. Keeping with the theme of five, it might be teams of five or the top five in any one activity count towards the team's overall score. Once you decide the rules of the team configurations it's a matter of adding up the individual scores of the team members to get the overall score.

What Are the Events?

The events are the same for all age groups as well as the correlating points table. This way Children will be able to see improvement as they get bigger and stronger.

- ▶ 50m Sprint.
- ▶ 5 minute timed run.
- ▶ Medicine Ball Push.
- ▶ Vortex Throw.
- ▶ Standing Jump.

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RJT Pentathlon Scoring Sheet

Name	Distance / Time

Points Tables

To allocate points you will need to access the Athletics NZ
RJT Pentathlon spreadsheet.

This can be found at: www.athletics.org.nz