

# SALFORD MET ATHLETIC CLUB MAY DAY 'FIVE CHALLENGE' AND SOCIAL EVENT



Monday 2nd May 2016 - 11:00am - 3:00pm

## How Will The Event Be Organised?

As with our 1km relay during the Christmas break, we shall be organising a slightly different challenge for May Day bank holiday Monday. Coaches will collect names over the next few weeks - and then a few weeks before the event the draw will take place to ensure people are paired up to face the challenges. All ages welcome from our current club membership.

## What Are The Five Challenges?

### **Event Challenges**

- 4x800m Relay (2x800m each)
- 2x100m Relay (1x100m each)
  - Soft Javelin
  - Long Jump
  - Speed Bounce

Additional information:

- Field Events - Partners can decide whether to do 1 event each, or 1 partner does both events on behalf of the pair.
- Prizes will be given out to all competitors.

## What Else Will Be Happening On The Day?

We would like to spend time with each other for a little while after the events so there will be a number of things going on:

- Games (i.e Tug of War, Assault Course etc, weather permitting)
- Prize giving
- Free food and drink
- Running Gear Swap Shop (Donate unwanted gear and take some away)

\*If you would like to suggest anything else please let us know beforehand, it is your day.