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Fun and safe sword
fencing in your school

The school decathlon

The Olympic decathlon comprises 10 events held over two days and is said to be a true test of strength, energy, skill and endurance.

The traditional events and our equivalent are as follows:

<u>Traditional event</u>	<u>Our event</u>
1) 100 meters	60m with turn
2) Long jump	Standing long jump
3) Shot put	Bean bag "putt"
4) High jump	High jump (adapted)
5) 400 meters	160m with turns (5 laps of 60m course)
6) 110 meter hurdles	160m hurdles with turn
7) Discus	Discus
8) Pole vault	Long jump onto crash mat
9) Javelin	Foam javelin
10) 1500 meters	5 laps of school yard

