

ASSESSMENT OF MULTILATERAL PHYSICAL TRAINING LEVEL OF GYMNASIUM PUPILS THROUGH ATHLETICS POLYATHLON

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Abstract:

Multilateral physical training at gymnasium pupils level is a priority objective of education since it ensures a balanced and harmonious development of all motor qualities.

The formation of a wide background of motor skills that are specific to athletics by assimilating the techniques of running, jumping, tossing as well as by participating in competitions in both individual events and polyathlons creates the pre-conditions of orientation toward performance athletics practices of an increased number of pupils. The deficiencies ascertained regarding the level of physical preparation as well as in assimilating the athletics motor skills can be corrected through adequate action instruments during both physical education at school as well as in athletics class. By means of a multi-lateral physical training with a focus on speed and take-off, we will provide improved sports results at the athletics polyathlon events.

Key words: assessment, pupils, physical training, athletics polyathlon.

Introduction

The poor level of multilateral physical training and insufficient development of athletics motor skills along with decreasing numbers of sports practitioners opting for performance athletics as well as reduced participation in local competitions of athletics teams from county general schools (12) constitute arguments in favour of the **topicality of this approach**.

The hypothesis: we assumed that optimizing the planning of training of athletics polyathlon teams at gymnasium level would result in optimum multilateral physical training along with higher levels of athletics motor skills oriented toward performance athletics in both individual events as well as in polyathlon events, in accordance with the pupils' age. **The research purpose** consists in assessing the level of multilateral physical training along with athletics motor skills in association with an optimized planning for pupils' training in order to achieve higher performances and allow their orientation towards performance athletics practicing. The research was conducted during the county phase of the school athletics tetrathlon boys' team contest. After analyzing the results obtained by the members of the 12 teams participating from Braşov county, we found out that neither team succeeded in obtaining a number of over 1000 pts, the closest score being achieved by the pupils team from General School Zărneşti, while the individual phase showed that a single competitor was able to achieve a score in excess of 300 pts (315), namely C.M. from the General School Rupea (Annex 1), 12 competitors achieving in excess of 200 pts, while 6 pupils scored less than 150pts.

In the 60 m sprint race with crouch start were 48 participants: 3 pupils achieved a score of 85 pts with a performance better than 8.0 s, 14 pupils obtained results better than 8.7 s, evaluated at over 60 pts, while a number of 6 pupils reached a more 9.0s, the equivalent of 50 pts. In running long jump with 1 m marked take-off zone, three of the pupils succeeded in achieving jumps of over 5 m evaluated at more than 65 pts, 10 pupils succeeded in performing 4.5 m jumps evaluated at 50 pts, while a number of 10 competitors performed jumps below 4 m. In oina ball momentum toss, 2 competitors achieved tosses of over 60 m evaluated with over 70 pts, 20 succeeded in obtaining at least 50 pts the equivalent of 46.5 m, while 6 competitors placed themselves below the 40 m limit. In the 800 m endurance race, only 3 competitors obtained results better than 2'30'' evaluated at 49 pts, 12 competitors attained results better than 2'40'', while 12 competitors either failed to obtain results below 3' or abandoned. By correlating the obtained results, we conclude that the greatest number of points achieved by one team of all four events was obtained in at the 60 m sprint race (307 pts) with the highest average number of points achieved by the competitors (63.58 pts) in the sprint race. In the running long jump the greatest number of points is achieved by a single team (258 pts), while the average number of points referred to the number of competitors is 47.54 pts, 27 pts less than in sprint race. (Mihailescu, L., 2006, Săvescu, I., 2007) The oina ball momentum toss showed an average number of points referred to the number of competitors of only 49.08 pts, a modest value for this category of age. The endurance race revealed an extremely poor

level of performance and the highest rate of abandon (6) as well as the lowest average of points number referred to the total number of competitors (23.27 pts).

In order to optimize the training of pupils and enable participation in athletics polyathlon competitions as well as encourage orientation towards performance athletics practicing, we propose a training pattern which is supposed to eliminate the observed shortcomings (Table 1). The number of training sessions that must be attended by the athletes will be 1800 – 2000 during physical education at school and in athletics class over a number of 40 week cycles consisting of 4 – 6 training sessions every week. Knowing that endurance is the most neglected motor quality, we planned a total distance of 600 km of flat and bumpy ground racing, around 60 km/month between 14 to 16 km each week. Considering the oina ball toss, we have planned a number of 1000 attempts of which 600 with variable momentum and 200 with full momentum since the viewings performed during the competition have revealed an extremely unsatisfying level of assimilating the skills required by

oina ball toss. For the long jump, we planned 400 attempts with variable momentum and 200 attempts with full momentum since, for an acceptable level of the ascertained speed qualities, performances can be considerably improved and implicitly the number of points collected both individually by teams will increase as well.

Conclusions:

1. Participation in the county phase of the school athletics tetrathlon has recorded an increased number of participants compared with the previous years, namely 12 teams and almost 50 competitors.
2. The pupils' training level was, in many cases unsatisfactory, with a great number of pupils who abandoned the endurance race event or the long jump event.
3. A great number of schools lack school athletic training classes, which is most frequently caused by the absence of a minimum of basic infrastructural facilities.

Table 1. Planning of the main training indicators

| INDICATORS | | AGE | 12-15 years Boys |
|--------------------------|--------------------|-----|------------------|
| | | | Proposed Pattern |
| Number of training /year | | | 180-2000 |
| Number of cycles /week | | | 40 |
| Number of trainings/week | | | 4-5 |
| Long duration race (km) | | | 600 |
| Distances, rhythms | Up to 60-80m | 95% | 70 |
| | More than 80m | 85% | 30 |
| | More than 80m | 80% | 35 |
| | More than 80m | 75% | 22 |
| | Cross-country (km) | | 600 |

Table 1. Planning of the main training indicators (continued)

| INDICATORS | | AGE | 12-15 years Boys |
|--------------------------|------------------------|-----|------------------|
| | Proposed Pattern | | 230 |
| | hurdles | | 200 |
| Long jump (numbers) | with variable momentum | | 400 |
| | with full momentum | | 200 |
| Oina ball toss (numbers) | without momentum | | 400 |
| | with momentum | | 600 |
| Strength | | | x |
| Take-off (numbers) | | | 4000 |
| Sports games (hrs) | | | 34 |
| Contests | basic events | | 2-3 |
| | other events | | 5 |

Recommendations

1. Planning of a sufficient number of lessons and means during the training phase in order to ensure the improvement of training quality especially in deficient events and motor qualities that are specific to athletics tetrathlon.

2. Pupils training and selection for performance athletics should be permanent, both during mandatory physical education lessons as well in school athletics classes.

3. Pupils should be encouraged to participate at least in 4 – 5 contests of which 2 – 3 in athletics polyathlon.

4. Organizing a basic infrastructure at school level and providing the minimum equipment necessary to create the conditions for athletics tetrathlon.

References

- MIHAILESCU, L., 2006** “*Atletismul în sistemul educațional*”, Edit. Universității din Pitești
SĂVEȘCU, I., 2007 “*Educație fizică și sportivă școlară*”, Edit. Aius, Craiova.

**NATIONAL OLYMPICS OF SCHOOL SPORTS
INDIVIDUAL TETRATHLON**

ANNEX 1

COUNTY
PHASE

V-VIII GRADE BOYS

PLACE: BRAȘOV

29.03.2010

TRACK LPS

| PLA CE | SCHOOL | grade | Yr. of birth | 60 m | | Long jump | | | Oina ball toss | | | 800 m | | Total ind pts. | Total teams pts. | | | |
|-----------|--------|---------------|-----------------|--------|------|-----------|------|------|----------------|-----|------|--------|------|----------------------|------------------------|-----|-----|-----|
| | | | | result | pts. | Results | | pts. | Results | | pts. | result | pts. | | | | | |
| | | | | | | 1 | 2 | | 1 | 2 | | | | | | | | |
| 1 | C.G | ȘC.1 ZĂRNEȘTI | VIII | 1996 | 8.0 | 86 | 4.65 | 5.18 | | 73 | 52.0 | X | | 58 | 02:31 | 56 | 273 | 999 |
| 1 | M.A | ȘC.1 ZĂRNEȘTI | VIII | 1996 | 8.3 | 75 | 4.55 | 4.17 | | 52 | X | 55.0 | | 62 | 02:39 | 40 | 229 | |
| 1 | D.M | ȘC.1 ZĂRNEȘTI | VIII | 1995 | 8.4 | 71 | 4.37 | 4.18 | | 47 | X | 59.0 | | 68 | 02:37 | 44 | 230 | |
| 1 | N.L | ȘC.1 ZĂRNEȘTI | VIII | 1994 | 8.3 | 75 | 4.77 | 4.95 | | 65 | 56.0 | 58.0 | | 67 | 02:29 | 60 | 267 | |
| | | | | | | 307 | | | | 237 | | | | 255 | | 200 | | |
| 2 | C.M | RUPEA | VIII | 1996 | 7.9 | 89 | 5.48 | 5.32 | | 82 | 60.0 | 56.0 | | 70 | 02:23 | 74 | 315 | 922 |
| 2 | PW | RUPEA | VIII | 1996 | 8.4 | 71 | 4.65 | 5.00 | | 66 | 44.0 | 45.5 | | 48 | 02:40 | 38 | 223 | |
| 2 | S.B | RUPEA | VII | 1995 | 8.6 | 65 | 4.72 | 4.87 | | 62 | 49.0 | X | | 53 | 02:53 | 19 | 199 | |
| 2 | I.F | RUPEA | VIII | 1994 | 8.7 | 61 | 4.43 | 4.31 | | 48 | X | 44.0 | | 46 | 02:45 | 30 | 185 | |
| | | | | | | 216 | | | | 258 | | | | 217 | | 161 | | |
| 3 | M.D | L.T.FELDIOARA | VI | 1995 | 8.4 | 71 | 4.60 | 4.90 | | 63 | 42.0 | X | | 43 | 02:35 | 46 | 223 | 822 |
| 3 | M.T | L.T.FELDIOARA | VIII | 1997 | 8.5 | 68 | 4.30 | 4.70 | | 56 | 53.0 | X | | 59 | 02:39 | 40 | 223 | |
| 3 | B.R | L.T.FELDIOARA | VII | 1995 | 8.8 | 58 | 4.08 | X | | 39 | X | 45.5 | | 48 | 03:14 | 1 | 146 | |
| 3 | S.A | L.T.FELDIOARA | VII | 1996 | 8.5 | 68 | 4.70 | 4.20 | | 56 | X | 55.0 | | 62 | 02:37 | 44 | 230 | |
| | | | | | | 265 | | | | 214 | | | | 212 | | 131 | | |
| 4 | B.I | ȘC.27 BV | VI | 1994 | 7.8 | 93 | 4.50 | 4.20 | | 50 | 38.5 | 39.5 | | 40 | 02:38 | 42 | 225 | 762 |
| 4 | T.I | ȘC.27 BV | VIII | 1994 | 8.7 | 61 | 4.70 | 4.43 | | 57 | 54.0 | 55.5 | | 63 | AB | | 181 | |
| 4 | O.S | ȘC.27 BV | VII | 1995 | 8.4 | 71 | 3.86 | X | | 35 | X | 39.5 | | 40 | 02:3 | 42 | 188 | |
| 4 | G.R | SC.27 BV | VI | 1995 | 8.8 | 58 | 4.17 | 3.97 | | 42 | 45.0 | X | | 48 | 02:52 | 20 | 168 | |
| | | | | | | 283 | | | | 184 | | | | 191 | | 104 | | |

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PLACE: BRAȘOV

29.03.2010

TRACK LPS

| PLA CE | C.G. | SCHOOL | grade | Yr. of birth | 60 m | | Long jump | | | Oina ball toss | | | 800 m | | Total ind pts. | Total teams pts. | |
|-----------|------|---------------|-------|-----------------|--------|------|-----------|------|------|----------------|------|------|--------|------|----------------------|------------------------|-----|
| | | | | | result | pts. | Results | | pts. | Results | | pts. | result | pts. | | | |
| | | | | | | | 1 | 2 | | 1 | 2 | | | | | | |
| 1 | C.G. | ȘC.1 ZĂRNEȘTI | VIII | 1996 | 8.0 | 86 | 4.65 | 5.18 | | 73 | 52.0 | X | | 58 | 02:31 | 56 | 273 |
| 1 | M.A. | ȘC.1 ZĂRNEȘTI | VIII | 1996 | 8.3 | 75 | 4.55 | 4.17 | | 52 | X | 55.0 | | 62 | 02:39 | 40 | 229 |
| 1 | D.M. | ȘC.1 ZĂRNEȘTI | VIII | 1995 | 8.4 | 71 | 4.37 | 4.18 | | 47 | X | 59.0 | | 68 | 02:37 | 44 | 230 |
| 1 | N.L. | ȘC.1 ZĂRNEȘTI | VIII | 1994 | 8.3 | 75 | 4.77 | 4.95 | | 65 | 56.0 | 58.0 | | 67 | 02:29 | 60 | 267 |
| | | | | | | 307 | | | | 237 | | | | 255 | | 200 | |
| 2 | C.M. | RUPEA | VIII | 1996 | 7.9 | 89 | 5.48 | 5.32 | | 82 | 60.0 | 56.0 | | 70 | 02:23 | 74 | 315 |
| 2 | PW | RUPEA | VIII | 1996 | 8.4 | 71 | 4.65 | 5.00 | | 66 | 44.0 | 45.5 | | 48 | 02:40 | 38 | 223 |
| 2 | S.B. | RUPEA | VII | 1995 | 8.6 | 65 | 4.72 | 4.87 | | 62 | 49.0 | X | | 53 | 02:53 | 19 | 199 |
| 2 | I.F. | RUPEA | VIII | 1994 | 8.7 | 61 | 4.43 | 4.31 | | 48 | X | 44.0 | | 46 | 02:45 | 30 | 185 |
| 5 | C.B. | L.T. ZĂRNEȘTI | VIII | 1996 | 9.0 | 52 | 3.95 | 3.70 | | 37 | 47.0 | 46.0 | | 50 | 02:46 | 29 | 168 |
| 5 | L.A. | L.T. ZĂRNEȘTI | VIII | 1996 | 9.3 | 44 | 4.28 | 4.33 | | 46 | 44.0 | 45.5 | | 48 | 02:42 | 35 | 173 |
| 5 | M.R. | LT.ZARNEȘTI | VII | 1996 | 8.8 | 58 | X | 4.32 | | 45 | X | 55.0 | | 64 | 2.41 | 37 | 204 |
| 5 | P.R. | L.T. ZĂRNEȘTI | VII | 1994 | 8.8 | 58 | X | 4.38 | | 47 | 49.0 | 48.0 | | 53 | 03:01 | 10 | 168 |
| | | | | | | 212 | | | | 175 | | | | 214 | | 111 | |
| 6 | A.E. | ȘC 9 BV | VIII | 1996 | 8.3 | 75 | 4.38 | 4.35 | | 47 | 45.0 | X | | 48 | 02:43 | 33 | 203 |
| 6 | S.D. | ȘC 9 BV | VIII | 1995 | 8.9 | 55 | 4.23 | 4.59 | | 53 | 45.0 | 47.5 | | 51 | 03:01 | 10 | 169 |
| 6 | N.C. | ȘC 9 BV | VIII | 1994 | 8.7 | 61 | 4.28 | 4.30 | | 45 | X | 46.5 | | 50 | 02:50 | 11 | 167 |
| 6 | N.L. | ȘC 9 BV | VIII | 1996 | 9.3 | 44 | 4.15 | 4.20 | | 42 | 46.0 | 46.5 | | 50 | 02:47 | 27 | 163 |
| | | | | | | 235 | | | | 187 | | | | 199 | | 81 | |
| 7 | A.F. | ȘC.7 BV | VI | 1994 | 7.8 | 93 | 5.25 | 5.23 | | 75 | X | X | | | 02:30 | 49 | 217 |
| 7 | P.M. | ȘC.7 BV | VII | 1994 | 9.4 | 41 | 3.27 | 3.40 | | 26 | 33.0 | 38.0 | | 38 | 03:02 | 9 | 114 |
| 7 | S.P. | ȘC.7 BV | VII | 1995 | 8.8 | 58 | 4.23 | 4.50 | | 50 | 42.0 | 44.5 | | 47 | 03:10 | 4 | 159 |
| 7 | S.A. | ȘC.7 BV | VII | 1995 | 8.8 | 58 | 4.70 | 4.75 | | 58 | 62.0 | 58.5 | | 73 | AB | | 189 |

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ANNEX 1

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PHASE

V-VIII GRADE BOYS

PLACE: BRAȘOV

29.03.2010

TRACK LPS

| PLA CE | SCHOOL | grade | Yr. of birth | 60 m | | Long jump | | | Oina ball toss | | | 800 m | | Total ind pts. | Total teams pts. | | |
|-----------|--------|---------------|-----------------|--------|------|-----------|------|------|----------------|-----|------|--------|------|----------------------|------------------------|-----|-----|
| | | | | result | pts. | Results | | pts. | Results | | pts. | result | pts. | | | | |
| | | | | | | 1 | 2 | | 1 | 2 | | | | | | | |
| 1 | C.G | ȘC.1 ZĂRNEȘTI | VIII | 1996 | 8.0 | 86 | 4.65 | 5.18 | | 73 | 52.0 | X | | 58 | 02:31 | 56 | 273 |
| 1 | M.A | ȘC.1 ZĂRNEȘTI | VIII | 1996 | 8.3 | 75 | 4.55 | 4.17 | | 52 | X | 55.0 | | 62 | 02:39 | 40 | 229 |
| 1 | D.M | ȘC.1 ZĂRNEȘTI | VIII | 1995 | 8.4 | 71 | 4.37 | 4.18 | | 47 | X | 59.0 | | 68 | 02:37 | 44 | 230 |
| 1 | N.L | ȘC.1 ZĂRNEȘTI | VIII | 1994 | 8.3 | 75 | 4.77 | 4.95 | | 65 | 56.0 | 58.0 | | 67 | 02:29 | 60 | 267 |
| | | | | | | 307 | | | | 237 | | | | 255 | | 200 | |
| 2 | C.M | RUPEA | VIII | 1996 | 7.9 | 89 | 5.48 | 5.32 | | 82 | 60.0 | 56.0 | | 70 | 02:23 | 74 | 315 |
| 2 | PW | RUPEA | VIII | 1996 | 8.4 | 71 | 4.65 | 5.00 | | 66 | 44.0 | 45.5 | | 48 | 02:40 | 38 | 223 |
| 2 | S.B | RUPEA | VII | 1995 | 8.6 | 65 | 4.72 | 4.87 | | 62 | 49.0 | X | | 53 | 02:53 | 19 | 199 |
| 2 | I.F | RUPEA | VIII | 1994 | 8.7 | 61 | 4.43 | 4.31 | | 48 | X | 44.0 | | 46 | 02:45 | 30 | 185 |
| | | | | | | 250 | | | | 209 | | | | 158 | | 62 | |
| 8 | B.A | L.A. MUREȘAN | VI | 1994 | 8.4 | 71 | 4.40 | 4.62 | | 54 | 47.0 | 49.0 | | 54 | AB | | 179 |
| 8 | D.A | L.A. MUREȘAN | VIII | 1994 | 8.2 | 78 | 4.48 | 4.14 | | 49 | 41.0 | 37.0 | | 42 | 02:47 | 27 | 196 |
| 8 | T.C | L.A. MUREȘAN | VII | 1995 | 8.9 | 55 | 3.70 | 3.95 | | 37 | 29.0 | X | | 26 | 02:59 | 12 | 130 |
| 8 | D.G | L.A. MUREȘAN | VII | 1994 | 8.9 | 55 | 3.92 | 3.88 | | 36 | 40.5 | 39.0 | | 42 | 02:49 | 24 | 157 |
| | | | | | | 259 | | | | 176 | | | | 164 | | 63 | |
| 9 | A.G | ȘC.PURCĂRENI | VI | 1995 | 8.6 | 65 | 3.70 | 4.10 | | 42 | 58.0 | 43.0 | | 67 | AB | | 174 |
| 9 | C.B | ȘC.PURCĂRENI | VII | 1995 | 8.9 | 55 | 3.57 | 3.40 | | 30 | 39.0 | 38.0 | | 39 | AB | | 124 |
| 9 | O.R | ȘC.PURCĂRENI | VIII | 1995 | 9.0 | 52 | 4.25 | 4.38 | | 47 | X | 43.5 | | 45 | AB | | 144 |
| 9 | G.F | ȘC.PURCĂRENI | VIII | 1995 | 8.8 | 58 | 4.32 | 4.25 | | 45 | 37.0 | 34.0 | | 36 | 02:40 | 38 | 177 |
| | | | | | | 230 | | | | 164 | | | | 187 | | 38 | |

NATIONAL OLYMPICS OF SCHOOL SPORTS
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COUNTY
PHASE

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| PLA CE | SCHOOL | grade | Yr. of birth | 60 m | | Long jump | | | Oina ball toss | | | 800 m | | Total ind pts. | Total teams pts. | | |
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| | | | | result | pts. | Results | | pts. | Results | | pts. | result | pts. | | | | |
| | | | | | | 1 | 2 | | 1 | 2 | | | | | | | |
| 1 | C.G | ȘC.1 ZĂRNEȘTI | VIII | 1996 | 8.0 | 86 | 4.65 | 5.18 | | 73 | 52.0 | X | | 58 | 02:31 | 56 | 273 |
| 1 | M.A | ȘC.1 ZĂRNEȘTI | VIII | 1996 | 8.3 | 75 | 4.55 | 4.17 | | 52 | X | 55.0 | | 62 | 02:39 | 40 | 229 |
| 1 | D.M | ȘC.1 ZĂRNEȘTI | VIII | 1995 | 8.4 | 71 | 4.37 | 4.18 | | 47 | X | 59.0 | | 68 | 02:37 | 44 | 230 |
| 1 | N.L | ȘC.1 ZĂRNEȘTI | VIII | 1994 | 8.3 | 75 | 4.77 | 4.95 | | 65 | 56.0 | 58.0 | | 67 | 02:29 | 60 | 267 |
| | | | | | | 307 | | | | 237 | | | | 255 | | 200 | |
| 2 | C.M | RUPEA | VIII | 1996 | 7.9 | 89 | 5.48 | 5.32 | | 82 | 60.0 | 56.0 | | 70 | 02:23 | 74 | 315 |
| 2 | PW | RUPEA | VIII | 1996 | 8.4 | 71 | 4.65 | 5.00 | | 66 | 44.0 | 45.5 | | 48 | 02:40 | 38 | 223 |
| 2 | S.B | RUPEA | VII | 1995 | 8.6 | 65 | 4.72 | 4.87 | | 62 | 49.0 | X | | 53 | 02:53 | 19 | 199 |
| 2 | I.F | RUPEA | VIII | 1994 | 8.7 | 61 | 4.43 | 4.31 | | 48 | X | 44.0 | | 46 | 02:45 | 30 | 185 |
| 10 | J.B | ȘC.8 BV | VIII | 1996 | 9.0 | 52 | 3.95 | 4.08 | | 40 | 47.0 | 36.5 | | 50 | 03:03 | 9 | 151 |
| 10 | LI | ȘC.8 BV | VIII | 1994 | 8.8 | 58 | 4.30 | 4.50 | | 50 | 44.0 | 44.0 | | 46 | 02:52 | 20 | 174 |
| 10 | R.G | ȘC.8 BV | VIII | 1995 | 9.4 | 41 | 4.05 | 4.00 | | 39 | X | 40.5 | | 41 | 03:13 | 2 | 123 |
| 10 | B.C | ȘC.8 BV | VIII | 1995 | 8.3 | 44 | 3.90 | X | | 36 | 44.0 | 41.0 | | 46 | 02:49 | 24 | 150 |
| | | | | | | 195 | | | | 165 | | | | 183 | | 55 | |
| 11 | P.A | ȘC P.MĂRULUI | VIII | 1996 | 8.7 | 61 | X | X | | | 46.0 | 43.0 | | 49 | 02:55 | 16 | 126 |
| 11 | P.M | ȘC P.MĂRULUI | VI | 1996 | 9.0 | 52 | 4.03 | 4.20 | | 42 | 41.0 | 44.5 | | 46 | 02:51 | 21 | 161 |
| 11 | B.F | ȘC P.MĂRULUI | VIII | 1995 | 9.1 | 49 | 3.90 | 4.04 | | 39 | 36.0 | 36.0 | | 35 | 02:51 | 21 | 144 |
| | B.B | ȘC P.MĂRULUI | VII | 1994 | 8.8 | 58 | 4.18 | 4.30 | | 45 | 42.5 | 45.5 | | 48 | 02:58 | 13 | 164 |
| 11 | | | | | | 220 | | | | 126 | | | | 178 | | 71 | |
| 12 | L.R | SC.HOGHIZ | VI | 1995 | 8.5 | 68 | X | 4.85 | | 61 | 48.0 | X | | 52 | 02:59 | 12 | 193 |
| 12 | B.A | SC.HOGHIZ | VIII | 1996 | 8.8 | 58 | 4.17 | 3.95 | | 41 | 47.0 | 49.5 | | 53 | 02:02 | 9 | 161 |
| 12 | U.A | SC.HOGHIZ | VII | 1995 | 8.9 | 55 | 4.30 | 4.33 | | 45 | 44.0 | 48.5 | | 53 | 03:03 | 8 | 161 |
| 12 | B.V | SC.HOGHIZ | VII | 1995 | 9.2 | 46 | 3.60 | 4.12 | | 40 | 40.0 | X | | 40 | 02:59 | 11 | 137 |
| | | | | | | | | | | | | | | | | | 515 |

**NATIONAL OLYMPICS OF SCHOOL SPORTS
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PHASE

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| PLA CE | | SCHOOL | grade | Yr. of birth | 60 m | | Long jump | | | Oina ball toss | | | 800 m | | Total ind | Total teams | | |
|-----------|-----|----------------|-------|-----------------|--------|-------|-----------|------|------|----------------|------|------|--------|-------|--------------|----------------|-----|-----|
| | | | | | result | pts. | Results | | pts. | Results | | pts. | result | pts. | pts. | pts. | | |
| | | | | | | | 1 | 2 | | 1 | 2 | | | | | | | |
| 1 | C.G | ȘC.1 ZĂRNEȘTI | VIII | 1996 | 8.0 | 86 | 4.65 | 5.18 | | 73 | 52.0 | X | | 58 | 02:31 | 56 | 273 | 999 |
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| 1 | N.L | ȘC.1 ZĂRNEȘTI | VIII | 1994 | 8.3 | 75 | 4.77 | 4.95 | | 65 | 56.0 | 58.0 | | 67 | 02:29 | 60 | 267 | |
| | | | | | | 307 | | | | 237 | | | | 255 | | 200 | | |
| 2 | C.M | RUPEA | VIII | 1996 | 7.9 | 89 | 5.48 | 5.32 | | 82 | 60.0 | 56.0 | | 70 | 02:23 | 74 | 315 | 922 |
| 2 | PW | RUPEA | VIII | 1996 | 8.4 | 71 | 4.65 | 5.00 | | 66 | 44.0 | 45.5 | | 48 | 02:40 | 38 | 223 | |
| 2 | S.B | RUPEA | VII | 1995 | 8.6 | 65 | 4.72 | 4.87 | | 62 | 49.0 | X | | 53 | 02:53 | 19 | 199 | |
| 2 | I.F | RUPEA | VIII | 1994 | 8.7 | 61 | 4.43 | 4.31 | | 48 | X | 44.0 | | 46 | 02:45 | 30 | 185 | |
| | | | | | | 220 | | | | 187 | | | | 198 | | 40 | | |
| | | TOTAL PTS. | | | | 3052 | | | | 2282 | | | | 2356 | | 1117 | | |
| | | ARITH. AVERAGE | | | | 63,58 | | | | 47,54 | | | | 49,08 | | 22,37 | | |