**Changes to the Fantastic Four format as of 29.01.17**

**Group allocation:**All will stay in the age groups through the series and only change age groups when the series moves back outdoors at Middlesbrough Sports Village next year.

**Accumulative points system:**All will now receive 1 point for competing on the day, the top 6 will still receive additional points; 6 for 1stto 1 point for 6th position, this will determine who receives the overall 1st, 2nd and 3rd position over the series, in both age groups boys and girls.

**Linear shot event:** Will change to a medicine ball chest push throw. For many of the entrants from the younger group this event may be the first time they have thrown a shot as they may not do this regularly in training sessions. Changing to a chest push throw will encourage a correct technical position and help develop both left and right hand throwing and is underpinned in Athletics 365.

Athletics 365 is a multi-event, young people development programme, which introduces athletes to the fundamental skills of athletics (vital to every sport), it is aimed predominantly at 8-15 year olds a video explaining the programme can be found on our club website