

Tridecaphobia Competition

“Tridecaphobia” = the fear of the number 13

This year will mark the 1st annual tridecaphobia competition. What is the tridecaphobia competition? First of all, in track & field there are 18 different events you can choose from. You can choose short sprints (100, 200, & 400), middle distance (800), long distance (1600 & 3200), jumps (long jump, triple jump, & high jump), throws (shot put & discus), hurdles (100/110 hurdles & 300 hurdles), pole vault, and relays (4 x 100, 4 x 200, 4 x 400, & 4 x 800). As you can see, we can find an event for you.

Now for the reason for the tridecaphobia competition. 1st of all, it will introduce you to that particular event. 2nd of all, it will help the staff and me evaluate just what event(s) you might be able help the team in. Lastly, we will use this competition as our workout for the 1st few days.

Just how will this competition work? You will do 4-5 events every day for the next 3 days. You will usually have either 1 or 2 running events plus a field event. As long as you are present at practice, give an effort, and finish the event, you will be awarded at least 1 point. The requirements (point values) are listed on the tridecaphobia scoring sheet. The top value (10 points) is the regional requirements for that particular event. Based on your performance (times, distances, etc.) you will be awarded certain points. If you are not at practice, do not give a great effort, or do not finish you will not be awarded any points. I will post the results from each day so you can see where you stand and who is in the lead.

The staff and I will evaluate your performances and put you in events according to where we feel you will best help the team.

The top male and female points leaders at the end of the competition will be declared the tridecaphobia competition winner. Each winner will receive a tridecaphobia competition winner t-shirt.

Good luck – Bunker Hill Track and Field Staff