

Nottinghamshire Sportshall League

Sportshall Octathlon

Sunday 18th Nov 2018

1.15pm until 5 pm

For U11's Only

**Oaktree leisure Centre
Mansfield**

Vertical Jump

Shuttle Run

High Stepper

Long Jump

Triple Jump

Target Throw

Balance

Chest Push

Have fun doing all these events

Grand Prix relay to finish

Award for athletes gaining the most points

Please wear your club number and ensure that your name as been sent prior to the event so the field cards can be pre-printed, These events are needed for selection to the U11's Sportshall Intercounties