

Notts Sportshall League Match 2 (U11's to U15's)

25 October 2024

Kirkby in Ashfield Leisure Centre **Sunday 03 Nov 24**

Starts:-10.00

Timetable

Main Competition 10.30

The 6 event circuit taster session starts at 10am. For ages 8, 9 and 10 year olds (non

First Race 11.00

First 6 Field Event at 10.45

Track **EVENT**

Field **Approx tin** **EVENT**

Awards from last match

T1	U11 Girls	1 Lap	F1	U11 Girls	10:50	Standing Triple Jump
T2	U11 Boys	1 Lap	F2	U11 Boys	10:50	Vertical High Jump
T3	U13 Girls	2 Lap	F3	U13 Girls	10:50	Ball Shot Push
T4	U13 Boys	2 Lap	F4	U13 Boys	10:50	Ball Shot Push
T5	U15 Girls	2 Lap	F5	U15 Girls	10:50	Standing Long Jump
T6	U15 Boys	2 Lap	F6	U15 Boys	10:50	Speed Bounce 30 sec
T7	U11 Girls	1 lap Hurdles	F7	U15 Boys	11:15	Vertical High Jump
T8	U11 Boys	1 lap Hurdles	F8	U11 Girls	11:20	Chest Push
T9	U13 Girls	8 Lap Paarlauf	F9	U11 Boys	11:20	Standing Triple Jump
T10	U13 Boys	8 Lap Paarlauf	F10	U13 Girls	11:35	Vertical High Jump
T11	U15 Girls	4 Lap	F11	U15 Girls	11:35	Standing Triple Jump
T12	U15 Boys	4 Lap	F12	U15 Boys	11:40	Standing Long Jump
T13	U9 mixed Raffle	1 Lap (non scoring)	F13	U13 Boys	11:55	Standing Long Jump
T14	U11 Girls	Under /Over Relay	F14	U11 Girls	12:00	Vertical High Jump
T15	U11 Boys	Under /Over Relay	F15	U15 Girls	12:00	Speed Bounce 30 sec
T16	U13 Girls	4x2 Lap Relay	F16	U15 Boys	12:05	Standing Triple Jump
T17	U13 Boys	4x2 Lap Relay	F17	U11 Boys	12:10	Chest Push
T18	U15 Girls	4x2 Lap Relay	F18	U13 Girls	12:20	Standing Long Jump
T19	U15 Boys	4x2 Lap Relay	F19	U13 Boys	12:25	Vertical High Jump
			F20	U15 Girls	12:40	Vertical High Jump

Remember we need a field team and a Track Judges from each club

Each Athlete can do 4 events including the relay. (**Note U15 multi event competition today**)

No Entrance for parents to the Sports-Hall before 9.45 am **NO FOOD OR DRINK** allowed in the Sportshall

Seating is limited therefore please aim to attend with the minimum of spectators

No sitting or running in the entrance hall or the corridors at any time.