

Notts Sportshall League Match 4(U11 to U15)

24 January 2025

Kirkby in Ashfield Leisure Centre

Sunday 09 Feb 25 **Timetable**

Finish time Approx 1.30 pm

Starts:-10.00 (taster) 10.30 (main Competition)

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

Starts:-10.00 Taster Session (events with organising club)

Balance Beam (Retford)

Foam Javelin (Sutton)

Standing Long Jump (Newark)

Target Throw (Worksop)

High Stepper (Rushcliffe)

Vertical jump (Mansfield)

Track **EVENT**

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

Organising Club

First Race 11.05

First 6 Field Event at 10.50

	Awards from last match	F1	U11 Girls	10:50	Standing Long Jump	Newark
T1	U11 Girls 1+1 lap relay	F2	U11 Boys	10:50	Standing Triple Jump	Rushcliffe
T2	U11 Boys 1+1 lap Relay	F3	U13 Girls	10:50	Ball Shot Putt	Mansfield
T3	U13 Girls 2 Lap	F4	U13 Boys	10:50	Ball Shot Putt	Worksop
T4	U13 Boys 2 Lap	F5	U15 Girls	10:50	Vertical High Jump	Sutton
T5	U15 Girls 2 Lap	F6	U15 Boys	10:50	Speed Bounce 30 sec	Retford
T6	U15 Boys 2 Lap	F7	U11 Girls	11:15	Standing Triple Jump	Rushcliffe
T7	U11 Girls 2 +2 lap Relay	F8	U11 Boys	11:15	Standing Long Jump	Worksop
T8	U11 Boys 2 +2 lap Relay	F9	U13 Girls	11:30	Speed Bounce 30 sec	Retford
T9	U13 Girls 4 Lap	F10	U15 Girls	11:40	Standing Long Jump	Newark
T10	U13 Boys 4 Lap	F11	U15 Boys	11:40	Standing Triple Jump	Rushcliffe
T11	U15 Girls 4 Lap	F12	U13 Boys	11:45	Speed Bounce 30 sec	Sutton
T12	U15 Boys 4 Lap	F13	U11 Girls	11:55	Vertical High Jump	Mansfield
T13	U9 mixed 1 Lap (non scoring)					
	Raffle	F14	U15 Girls	12:05	Speed Bounce 30 sec	Retford
T14	U11 Girls 4x1 Lap Relay	F15	U15 Boys	12:05	Standing Long Jump	Worksop
T15	U11 Boys 4x1 Lap Relay	F16	U11 Boys	12:10	Vertical High Jump	Sutton
T16	U13 Girls 4x2 Lap Relay	F17	U13 Girls	12:20	Standing Long Jump	Newark
T17	U13 Boys 4x2 Lap Relay	F18	U13 Boys	12:35	Standing Long Jump	Mansfield
T18	U15 Girls 4x2 Lap Relay					
T19	U15 Boys 4x2 Lap Relay					

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

Athlete's U13 and U11 can do 3 events plus a relay. (For the U11's the taster session events are not included)

U15 Athletes also do 3 events plus a relay (Note NO U15 multi event competition today or AOM)

No Entrance for parents to the Sports-Hall before 9.45 am

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.