

# Notts Sportshall League Match 4 ( U11 to U15)

03 December 2024

Kirkby in Ashfield Leisure Centre

Sunday 12 Jan 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 (Mansfield)

Foam Javelin (Retford)

Standing Triple jump (Sutton)

Target Throw (Newark)

High Stepper (Worksop)

Vertical jump (Rushcliffe)

**Track**      **EVENT**

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

Organising Club

*First Race 11.05*

*First 6 Field Event at 10.50*

Awards from last match

T1	U11 Girls	1 Lap	F1	U11 Girls	10:50	Standing Long Jump	Worksop
T2	U11 Boys	1 Lap	F2	U11 Boys	10:50	Speed Bounce 20 sec	Mansfield
T3	U13 Girls	2 Lap	F3	U13 Girls	10:50	Vertical High Jump	Rushcliffe
T4	U13 Boys	2 Lap	F4	U13 Boys	10:50	Standing Triple Jump	Sutton
T5	U15 Girls	2 Lap	F5	U15 Girls	10:50	Ball Shot Putt	Retford
T6	U15 Boys	2 Lap	F6	U15 Boys	10:50	Ball Shot Putt	Newark
T7	U11 Girls	2 Lap	F7	U15 Girls	11:10	Vertical High Jump	Rushcliffe
T8	U11 Boys	2 Lap	F8	U15 Boys	11:10	Speed Bounce 30 sec	Mansfield
T9	U13 Girls	6 Lap	F9	U11 Girls	11:20	Chest Push	Newark
T10	U13 Boys	6 Lap	F10	U13 Girls	11:30	Speed Bounce 30 sec	Mansfield
T11	U15 Girls	4 Lap	F11	U11 Boys	11:35	Chest Push	Newark
T12	U15 Boys	4 Lap	F12	U13 Boys	11:35	Vertical High Jump	Rushcliffe
T13	U9 mixed	1 Lap (non scoring)	F13	U15 Girls	11:50	Speed Bounce 30 sec	Mansfield
	Raffle		F14	U15 Boys	11:50	Standing Triple Jump	Sutton
T14	U11 Girls	Hurdles Relay	F15	U11 Girls	12:05	Speed Bounce 20 sec	Retford
T15	U11 Boys	Hurdles Relay	F16	U11 Boys	12:10	Standing Long Jump	Worksop
T16	U13 Girls	Obstacle Relay	F17	U13 Girls	12:20	Standing Triple Jump	Sutton
T17	U13 Boys	Obstacle Relay	F18	U13 Boys	12:35	Speed Bounce 30 sec	Retford
T18	U15 Girls	4x2 Lap Relay	F19	U15 Girls	12:40	Standing Triple Jump	Sutton
T19	U15 Boys	4x2 Lap Relay	F20	U15 Boys	12:45	Standing Long Jump	Worksop
T20	Adult mixed	4x1 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 can do 4 events plus a 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.