

# Notts Sports hall League

# Timetable

# Sportshall Match 1

Venue:- Grove Leisure Centre Balderton Newark Sunday 26th Sept 2010

Remember 1 pm start for the U11 taster session

## Track

T1 U11 Girls 1 Lap

T2 U11 Boys 1 Lap

T3 U13 Girls 2 Lap

T4 U13 Boys 2 Lap

T5 U15 Girls 2 Lap

T6 U15 Boys 2 Lap

T7 U11 Girls 3 Lap

T8 U11 Boys 3 Lap

T9 U9 mixed One Lap

## 10 Minute Interval

T10 U13 Girls 8 Lap Paarlaf

T11 U13 Boys 8 Lap Paarlaf

T12 U15 Girls 8 Lap Paarlaf

T13 U15 Boys 8 Lap Paarlaf

## Raffle

## Relays

T18 U15 Girls 4x2 Lap Relay

T19 U15 Boys 4x2 Lap Relay

T16 U13 Girls Obstacle Relay

T17 U13 Boys Obstacle Relay

T14 U11 Girls Obstacle Relay

T15 U11 Boys Obstacle Relay

## Field

### Rushcliffe

F1 U13 Girl: Speed Bounce 30 sec

F4 U13 Boy Speed Bounce 30 sec

F7 U11 Girl: Speed Bounce 20 sec

F10 U11 Boy Speed Bounce 20 sec

F13 U15 Girl: Speed Bounce 30 sec

F17 U15 Boy Speed Bounce 30 sec

### Notts

F2 U15 Girl: Shot (3.25 kg)

F5 U15 Boy Shot (4 kg)

F8 U13 Girl: Shot (2.72kg)

F11 U13 Boy Shot (3.25kg)

### Mansfield

F14 U11 Boy Foam Javelin

F15 U11 Girl: Foam Javelin

### Sutton

F3 U11 Boy Standing Triple Jump

F6 U11 Girl: Standing Triple Jump

F9 U15 Girl: Standing Triple Jump

F12 U15 Boy Standing Triple Jump

F16 U13 Girl: Standing Triple Jump

F18 U13 Boy Standing Triple Jump

### Markmen

### Worksop

### Place Recorders Retford

Main Events Start @ 1.00 pm

**NO FOOD OR DRINK IN THE SPORTSHALL PLEASE**