

Aviva Sportshall UK Championships

Under 13 Team Challenge

(held in the spirit of the laws of UK Athletics)

Each County or District is invited to raise a team of 12 girls and 12 boys to take part in the regional final. All athletes must be under 13 years of age as at midnight 31st August / 1st September 2009 and must be at least 11 years of age on the day of competition.

Number of athletes

Section A - Track

2 Lap Race	2 girls	2 boys
4 Lap Race	2 girls	2 boys
6 Lap Time Trial	2 girls	2 boys
4 x 1 Lap Relay	4 girls	4 boys

Section B - Track

Obstacle Relay	4 girls	4 boys
8 Lap Paarlaf	2 girls	2 boys
4 x 2 Lap Relay	4 girls	4 boys

Section C - Field

High Jump	2 girls	2 boys
Shot	2 girls	2 boys
Speed Bounce	2 girls	2 boys
Standing Long Jump	2 girls	2 boys
Standing Triple Jump	2 girls	2 boys
Vertical Jump	2 girls	2 boys

Each team member may compete in one event from each section.

A non-scoring 2 Lap Race will be run during the course of each competition.

The girls and boys competitions will be scored independently and the winning teams from both sections will progress to the Aviva Sportshall UK Final.

All athletes must wear trainers. Athletes will not be permitted to compete in bare feet or unsuitable footwear.

Should you have any questions with regards to the specific events or the format of the programme, please contact Sportshall Associates Ltd.

Aviva Sportshall UK Championships

Under 15 All-Rounder Competition

(held in the spirit of the laws of UK Athletics)

Each County or District is invited to raise a team of 7 girls and 7 boys to take part in the regional final. All athletes must be under 15 years of age as at midnight 31st August / 1st September 2009 and must be at least 13 years of age on the day of competition.

Each County will field 6 competitors to cover the events as listed below. The 7th competitor may be used for the Relay or Paarlauf and may contest one field event from either section B or C as a non-scorer.

The 6 competitors will each compete in three events, these to be chosen from each of the sections detailed below. A maximum of 3 competitors from each team may contest the same event. Any athlete failing to complete their nominated events will be withdrawn from the entire competition.

	Girls	Boys
Section A	2 Lap or 4 Lap	2 Lap or 4 Lap
Section B	St. Long Jump or Vertical Jump	St. Long Jump or St. Triple Jump
Section C	Speed Bounce or Shot	Speed Bounce or Shot

In addition to the individual events detailed above, each team will contest the following relays, with each competitor being restricted to competing in one relay only.

Relays	8 Lap Paarlauf (2 girls) 4 x 2 Lap Relay	8 Lap Paarlauf (2 boys) 4 x 2 Lap Relay
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The girls and boys competitions will be scored independently and the winning teams from both sections will progress to the Aviva Sportshall UK Final.

All athletes must wear trainers. Athletes will not be permitted to compete in bare feet or unsuitable footwear.

Should you have any questions with regards to the specific events or the format of the programme, please contact Sportshall Associates Ltd.