

# Notts Sports hall League

## Main Timetable Match 4

Venue:- Grove Leisure Centre Balderton Newark

Remember 10.30 start

**Sunday 11th Jan 2009**

### Track

#### U11 Fun in Athletics Certificates

U11G 1 Lap

U11B 1 Lap

U13G 2 Lap

U13B 2 Lap

U15G 2 Lap

U15B 2 Lap

U11G 2 Lap

U11B 2 Lap

#### 10 Minute Interval

U13G 6 Lap

U13B 6 Lap

U15G 4 Lap

U15B 4 Lap

U9's 1 Lap

#### Raffle and Athlete of the Match Awards

#### Relays

U11G over & under

U11B over & under

#### Mixed Adults New year 4 x 1 relay

U15B 4 x 2

U15G 4 x 2

U13G 4 x 2

U13B 4 x 2

### Field

(Newark)

U13G Speed Bounce (30sec)

U13B Speed Bounce (30sec)

U11G Speed Bounce (20sec)

U11B Speed Bounce (20sec)

U15G Speed Bounce (30sec)

U15B Speed Bounce (30sec)

(Worksop)

U15G Shot( 3.25 )

U15B Shot( 4.00 )

U13G Shot( 2.72 )

U13B Shot( 3.25 )

(Sutton)

U11B Sitting Throw

U11G Sitting Throw

(Rushcliffe)

U11B S. long Jump

U11G S. long Jump

U15G S. long Jump

U15B S. long Jump

U13G S. long Jump

U13B S. long Jump

Markmen (Nottm)

Place Recorders (Mansfield)

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

remember next match **1st Feb 2009** followed swiftly by the U13 / U15 regional event **Sunday 15th Feb 2009**