

Notts Sports hall League

Main Timetable Match 5

Venue:- Grove Leisure Centre Balderton Newark

Remember 10.15 am Start

Sunday 1st Feb 2009

Track

U11G 1 Lap

U11B 1 Lap

U13G 2 Lap

U13B 2 Lap

U15G 2 Lap

U15B 2 Lap

U11G 3 Lap

U11B 3 Lap

10 Minute Interval

U13G 4 lap

U13B 4 lap

U15G 4 lap

U15B 4 lap

U9's 1 Lap

Raffle and Athlete of the Match Awards

Relays

U15B 4 x 2

U15G 4 x 2

U13G Obstacle

U13B Obstacle

U11G Obstacle

U11B Obstacle

Field

(Mansfield)

U13G Vertical High Jump

U13B Vertical High Jump

U11G Vertical High Jump

U11B Vertical High Jump

U15G Vertical High Jump

U15B Vertical High Jump

(Sutton)

U15G Shot(3.25)

U15B Shot(4.00)

U13G Shot(2.72)

U13B Shot(3.25)

(Workksop)

U11B Chest Push

U11G Chest Push

(Nottm)

U11B S. triple Jump

U11G S. triple Jump

U15G S. triple Jump

U15B S. triple Jump

U13G S. triple Jump

U13B S. triple Jump

Markmen (Newark)

Place Recorders (Rushcliffe)

Main Events Start @ 10.15am

End of Year Awards

remember the U13 / U15 regional event (Grantham) **Sunday 15th Feb 2009 (Teams to be confirmed Shortly)**

NO FOOD OR DRINK IN THE SPORTSHALL PLEASE