

Notts Sports hall League

Timetable Sports Hall 1

Venue:- Grove Leisure Centre Balderton Newark

Sunday 11th Oct 2009

Remember 1 pm U11 Taster session

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
U9's	1 Lap non scoring

10 Minute Interval

U13G	8 Lap Paarlauf
U13B	8 Lap Paarlauf
U15G	8 Lap Paarlauf
U15B	8 Lap Paarlauf

Raffle

Relays

U15B	4x2 Lap Relay
U15G	4x2 Lap Relay
U13G	Obstacle Relay
U13B	Obstacle Relay
U11G	Obstacle Relay
U11B	Obstacle Relay

Field

(Rushcliffe)

U13G	Speed Bounce 30 sec
U13B	Speed Bounce 30 sec
U11G	Speed Bounce 20 sec
U11B	Speed Bounce 20 sec
U15G	Speed Bounce 30 sec
U15B	Speed Bounce 30 sec

(Nottm)

U15G	Shot (3.25 kg)
U15B	Shot (4 kg)
U13G	Shot (2.72kg)
U13B	Shot (3.25kg)

(Mansfield)

During the Interval

U11B	Foam Javelin
U11G	Foam Javelin

(Sutton)

U11B	Standing Triple Jump
U11G	Standing Triple Jump
U15G	Standing Triple Jump
U15B	Standing Triple Jump
U13G	Standing Triple Jump
U13B	Standing Triple Jump

Markmen (Worksop)

Place Recorders (Retford)

Main Events Start @ 1.30am

NO FOOD OR DRINK IN THE SPORTSHALL PLEASE