

# Notts Sports hall League

Timetable Sports Hall 2

Venue:- Grove Leisure Centre Balderton Newark

Sunday 1st Nov 2009

Remember 1 pm U11 Taster session

## Track

T1	U11G	1 Lap
T2	U11B	1 Lap
T3	U13G	2 Lap
T4	U13B	2 Lap
T5	U15G	2 Lap
T6	U15B	2 Lap
T7	U11G	6 Lap Paarlauf
T8	U11B	6 Lap Paarlauf
T9	U9's	1 Lap non scoring

## 10 Minute Interval

T10	U13G	4 Lap
T11	U13B	4 Lap
T12	U15G	4 Lap
T13	U15B	4 Lap

## Raffle

## Relays

T14	U15B	4x2 Lap Relay
T15	U15G	4x2 Lap Relay
T16	U13G	4x2 Lap Relay
T17	U13B	4x2 Lap Relay
T18	U11G	Under /Over Relay
T19	U11B	Under /Over Relay

## Field

### (Rushcliffe)

F1	U13G	Vertical High Jump
F4	U13B	Vertical High Jump
F7	U11G	Vertical High Jump
F10	U11B	Vertical High Jump
F13	U15G	Vertical High Jump
F17	U15B	Vertical High Jump

### (Sutton)

F2	U15G	Shot (3.25 kg)
F5	U15B	Shot (4 kg)
F8	U13G	Shot (2.72kg)
F11	U13B	Shot (3.25kg)

### (Retford)

F14	U11B	Chest Push
F15	U11G	Chest Push

### (Worksop)

F3	U11B	Standing Long Jump
F6	U11G	Standing Long Jump
F9	U15G	Standing Long Jump
F12	U15B	Standing Long Jump
F16	U13G	Standing Long Jump
F18	U13B	Standing Long Jump

Markmen **(Mansfield)**

Place Recorders **(Nottm)**

Main Events Start @ 1.30am

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