



Notts Sportshall league

Sunday 26th Jan 2020

All U15 athletes during the next Sportshall match **NEED** to compete in at least one event from each of the following Sections.. This is to assist with selection for the regional's because at the regional's they need to do four events which is the above plus a relay or a paarlauf and on my selection chart nobody at the moment qualifies in all the required sections

they will not be penalised for the extra event and the worst of their four events will be removed from the clubs total of scores

	BOYS	GIRLS
Section 1	2 Lap	2 Lap
	4 Lap	4 Lap
Section 2	Long Jump	Long Jump
	Triple Jump	Vertical Jump
Section 3	Speed Bounce	Speed Bounce
	Shot	Shot