

Notts Sportshall League Match 4 (U11 to U15)

Oaktree Leisure Centre Mansfield

Sunday 16 Jan 22

Starts:-12 noon (unless advised)

Timetable

PROVISIONAL TIMES MAY CHANGE

Do not forget your Face Mask

Track				Field			
		Approx time	EVENT			Approx time	EVENT
T1	U11 Girls	12.05	1 Lap	F1	U11 Girls	11.40	Balance
T2	U11 Boys	12.10	1 Lap	F2	U11 Boys	11.40	Balance
T3	U13 Girls	12.20	2 Lap	F3	U13 Girls	11.40	Standing Long Jump
T4	U13 Boys	12.30	2 Lap	F4	U13 Boys	11.40	Speed Bounce 30 sec
T5	U15 Girls	12.40	2 Lap	F5	U15 Girls	12.05	Standing Long Jump
T6	U15 Boys	12.50	2 Lap	F6	U15 Boys	12.05	Speed Bounce 30 sec
T7	U11 Girls	12.55	2 +2 lap Relay	F7	U11 Girls	12.15	Standing Triple Jump
T8	U11 Boys	13.05	2 +2 lap Relay	F8	U11 Boys	12.35	Standing Triple Jump
T9	U13 Girls	13.15	4 Lap	F9	U13 Girls	12.35	Vertical High Jump
T10	U13 Boys	13.20	4 Lap	F10	U13 Boys	12.45	Standing Long Jump
T11	U15 Girls	13.25	4 Lap	F11	U15 Girls	12.55	Speed Bounce 30 sec
T12	U15 Boys	13.35	4 Lap	F12	U15 Boys	13.05	Standing Long Jump
T13	U11 Girls	13.35	1 lap Hurdles	F13	U11 Girls	13.05	Vertical High Jump
T14	U11 Boys	13.45	1 lap Hurdles	F14	U13 Girls	13.25	Speed Bounce 30 sec
T15	U13 Girls	13.50	Obstacle Relay	F15	U11 Boys	13.30	Vertical High Jump
T16	U13 Boys	14.05	Obstacle Relay	F16	U13 Boys	13.40	Vertical High Jump
T17	U11 Girls	14.15	Obstacle Relay	F17	U15 Boys	13.45	Standing Triple Jump
T18	U11 Boys	14.25	Obstacle Relay	F18	U15 Girls	13.55	Vertical High Jump
T19	U15 Girls	14.35	4x2 Lap Relay	F19	U11 Girls	14.45	Foam Javelin
T20	U15 Boys	14.35	4x2 Lap Relay	F20	U11 Boys	14.45	Foam Javelin

We request that all Parents and Athletes wear a face Mask

Remember we need Timekeepers and Track Judges 1 from each club

Each athlete can compete in a maximum of three events plus a relay (if available).

No Entrance to the Sports-Hall before 12 noon NO FOOD OR DRINK allowed in the Sportshall

Athletes and Team Managers down stairs, parents upstairs please

Only one Parent per Athlete no non competing children allowed (meet in the back Car par

Please do not arrive before 11.45, No one is allowed in the veiwing gallery until after 12.00 noon

We have been asked to remain in the Main Hall, or upstairs in the veiwing gallery during the events

No sitting or running in the entrance hall or the corridors at any time.

Certain athletes are allowed in the main hall at 11.40 to do their events (but NO parents until after 12.00)