

# Notts Sportshall League Year 2021 / 22

Red text field Events

Sportshall Year Plan 2021 / 22

**11 boys**

	1	2	3	4	5	Reg	
Event	10-Oct	21-Nov	05-Dec	16-Jan	06-Feb	13-Feb	Event
1 Lap			✓	✓		✗	1 Lap
1+1 Lap Relay						✓	1+1 Lap Relay
2 Lap			✓		✓	✗	2 Lap
2+2 Lap Relay			✓	✓		✓	2+2 Lap Relay
3 Lap						✗	3 Lap
4x1 Lap Relay				✓		✓	4x1 Lap Relay
6 Lap Paarlauf					✓	✓	6 Lap Paarlauf
Balance	✓					✓	Balance
Chest Push	✓		✓			✓	Chest Push
Grand Prix Relay						✗	Grand Prix Relay
1 lap Hurdles			✓		✓	✗	1 lap Hurdles
Hurdles Relay					✓	✓	Hurdles Relay
High Stepper	✓					✓	High Stepper
Foam Javelin ( interval)				✓		✓	Foam Javelin ( interval)
Obstacle Relay				✓		✓	Obstacle Relay
Under /Over Relay						✓	Under /Over Relay
Speed Bounce 20 sec	✓		✓		✓	✓	Speed Bounce 20 sec
Standing Long Jump	✓		✓		✓	✓	Standing Long Jump
Standing Triple Jump	✓			✓		✓	Standing Triple Jump
Vertical High Jump	✓			✓	✓	✓	Vertical High Jump
	<b>7</b>	<b>0</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>15</b>	

**11 girls**

1 Lap			✓	✓		✗	1 Lap
1+1 Lap Relay						✓	1+1 Lap Relay
2 Lap			✓		✓	✗	2 Lap
2+2 Lap Relay			✓	✓		✓	2+2 Lap Relay
3 Lap						✗	3 Lap
4x1 Lap Relay				✓		✓	4x1 Lap Relay
6 Lap Paarlauf					✓	✓	6 Lap Paarlauf
Chest Push	✓					✓	Chest Push
Grand Prix Relay			✓			✓	Grand Prix Relay
1 lap Hurdles						✗	1 lap Hurdles
Hurdles Relay			✓		✓	✗	Hurdles Relay
Foam Javelin ( Interval)					✓	✓	Foam Javelin ( Interval)
Obstacle Relay						✓	Obstacle Relay
Balance Test	✓			✓		✓	Balance Test
High Stepper	✓			✓		✓	High Stepper
Under /Over Relay						✓	Under /Over Relay
Speed Bounce 20 sec	✓		✓		✓	✓	Speed Bounce 20 sec
Standing Long Jump	✓		✓		✓	✓	Standing Long Jump
Standing Triple Jump	✓			✓		✓	Standing Triple Jump
Vertical High Jump	✓			✓	✓	✓	Vertical High Jump
	<b>7</b>	<b>0</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>15</b>	

13 boys

2 Lap		✓	✓	✓	✓	✓	2 Lap
4 Lap		✓			✓	✓	4 Lap
4x2 Lap Relay		✓	?		✓	✓	4x2 Lap Relay
4x1 Lap Relay						✓	4x1 Lap Relay
6 Lap			✓			✓	6 Lap
8 Lap Paarlauf				✓		✓	8 Lap Paarlauf
Obstacle Relay				✓		✓	Obstacle Relay
Shot (3kg)		✓	✓		?	✓	Shot (3kg)
Speed Bounce 30 sec		✓		✓	?	✓	Speed Bounce 30 sec
Standing Long Jump		✓		✓	?	✓	Standing Long Jump
Standing Triple Jump			✓		✓	✓	Standing Triple Jump
Vertical High Jump			✓	✓	?	✓	Vertical High Jump
	0	6	5	6	4	12	

13 girls

2 Lap		✓	✓	✓	✓	✓	2 Lap
4 Lap		✓			✓	✓	4 Lap
4x2 Lap Relay		✓	?		?	✓	4x2 Lap Relay
4x1 Lap Relay						✓	4x1 Lap Relay
6 Lap			✓			✓	6 Lap
8 Lap Paarlauf				✓		✓	8 Lap Paarlauf
Obstacle Relay				✓		✓	Obstacle Relay
Shot (2.72kg)		✓	✓		?	✓	Shot (2.72kg)
Speed Bounce 30 sec		✓		✓	?	✓	Speed Bounce 30 sec
Standing Long Jump		✓		✓	?	✓	Standing Long Jump
Standing Triple Jump			✓		✓	✓	Standing Triple Jump
Vertical High Jump			✓	✓	?	✓	Vertical High Jump
	0	6	5	6	3	12	

15 boys

2 Lap		✓	✓	✓		✓	2 Lap
4 Lap		✓	✓		✓	✓	4 Lap
4x2 Lap Relay		✓	?	?	?	✓	4x2 Lap Relay
8 Lap Paarlauf				✓		✓	8 Lap Paarlauf
Shot (4 kg)		✓	✓		?	✓	Shot (4 kg)
Speed Bounce 30 sec		✓		✓	?	✓	Speed Bounce 30 sec
Standing Long Jump		✓		✓	?	✓	Standing Long Jump
Standing Triple Jump			✓	✓	?	✓	Standing Triple Jump
Vertical High Jump			✓		✗	✗	Vertical High Jump
	0	6	5	5	1	8	

15 girls

2 Lap		✓	✓	✓		✓	2 Lap
4 Lap		✓	✓			✓	4 Lap
4x2 Lap Relay		✓	?	?		✓	4x2 Lap Relay
8 Lap Paarlauf				✓		✓	8 Lap Paarlauf
Shot (3 kg)		✓	✓	?	?	✓	Shot (3 kg)
Speed Bounce 30 sec		✓		✓	?	✓	Speed Bounce 30 sec
Standing Long Jump		✓		✓	?	✓	Standing Long Jump
Standing Triple Jump			✓		✗	✗	Standing Triple Jump
Vertical High Jump			✓	✓	?	✓	Vertical High Jump
Shot (all)							Shot (all)
	0	6	5	5	0	8	
U9 1 Lap (non scoring)							1 Lap (non scoring)
Adult 4x1 Lap Relay							4x1 Lap Relay

total events

14 24 34 36 22 70