

Kirkby in Ashfield Leisure Centre**Sunday 29 Oct 23****Starts:-10.30****Timetable** Finish time Approx .2.30 pm*First Race 11.00**First Field Event 10.40***Track** EVENT**Field** EVENT Organising Club

Awards from last match

T1	U11 Girls	1 Lap	F1	U11 Girls	Foam Javelin	Retford
T2	U11 Boys	1 Lap	F2	U11 Boys	Foam Javelin	Worksop
T3	U13 Girls	2 Lap	F3	U13 Girls	Vertical High Jump	Rushcliffe
T4	U13 Boys	2 Lap	F4	U13 Boys	Standing Long Jump	Newark
T5	U15 Girls	2 Lap	F5	U15 Girls	Speed Bounce 30 sec	Mansfield
T6	U15 Boys	2 Lap	F6	U15 Boys	Standing Triple Jump	Sutton
T7	U11 Girls	2 Lap	F7	U15 Boys	Vertical High Jump	Retford
T8	U11 Boys	2 Lap	F8	U11 Girls	Standing Triple Jump	Sutton
T9	U13 Girls	4 Lap	F9	U15 Girls	Standing Long Jump	Newark
T10	U13 Boys	4 Lap	F10	U11 Boys	Vertical High Jump	Rushcliffe
T11	U15 Girls	4 Lap	F11	U13 Girls	Speed Bounce 30 sec	Mansfield
T12	U15 Boys	4 Lap	F12	U13 Boys	Vertical High Jump	Retford
T13	U9 mixed	1 Lap (non scoring)	F13	U15 Boys	Speed Bounce 30 sec	Mansfield
T14	U11 Girls	4x1 Lap Relay	F14	U15 Girls	Standing Triple Jump	Sutton
T15	U11 Boys	4x1 Lap Relay	F15	U11 Girls	Vertical High Jump	Rushcliffe
T16	U13 Girls	4x2 Lap Relay	F16	U13 Girls	Standing Long Jump	Newark
T17	U13 Boys	4x2 Lap Relay	F17	U11 Boys	Standing Triple Jump	Worksop
T18	U15 Girls	4x2 Lap Relay	F18	U13 Boys	Speed Bounce 30 sec	Mansfield
T19	U15 Boys	4x2 Lap Relay	F19	U15 Girls	Vertical High Jump	Rushcliffe
			F20	U15 Boys	Standing Long Jump	Newark
			F21	U13 Girls	Shot (2.72kg)	Retford
			F22	U13 Boys	Shot (3kg)	Worksop
			F23	U15 Girls	Shot (3 kg)	Sutton-Works
			F24	U15 Boys	Shot (4 kg)	Sutton-Works

SHOT FOR THE U13's is Non Scoring not included in the maximum allowed events

Remember we need a field team and a Track Judges from each club

Each U11 & U13 athlete can compete in a maximum of 4 events including a relay

The shot has to be done out side in the rear staff car park and is weather permitting

Each U15 Athlete can do 5 events including the relay. (the AOM & Multi event award will be calculated on the best)

No Entrance for parents to the Sports-Hall before 10.15 am NO FOOD OR DRINK allowed in the Sportshall

Athletes and Team Managers on the front row or on the floor, parents sit at the back please

Early arrivers meet in the entrance hall. / Cafe area or out side

Seating is limited therefore please aim to attend with the minimum of spectators

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