

Notts Sportshall League Match 5 (U11 to U15)

06 January 2024 updated

Kirkby in Ashfield Leisure Centre

Sunday 21 Jan 24

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	Worksop
T2	U11 Boys	1 Lap	F2	U11 Boys	Foam Javelin	Newark
T3	U13 Girls	2 Lap	F3	U13 Girls	Vertical High Jump	Sutton
T4	U13 Boys	2 Lap	F4	U13 Boys	Standing Long Jump	Rushcliffe
T5	U15 Girls	2 Lap	F5	U15 Girls	Speed Bounce 30 sec	Retford
T6	U15 Boys	2 Lap	F6	U15 Boys	Standing Triple Jump	Mansfield
T7	U11 Girls	2 Lap	F7	U15 Boys	Speed Bounce 30 sec	Retford
T8	U11 Boys	2 Lap	F8	U15 Girls	Vertical High Jump	Sutton
T9	U13 Girls	4 Lap	F9	U11 Girls	Target Throw	Retford
T10	U13 Boys	4 Lap	F10	U11 Boys	High Stepper	Newark
T11	U15 Girls	4 Lap	F11	U13 Girls	Standing Triple Jump	Mansfield
T12	U15 Boys	4 Lap	F12	U13 Boys	Vertical High Jump	Rushcliffe
T13	U9 mixed	1 Lap (non scoring)	F13	U11 Girls	High Stepper	Newark

Raffle

T14	U11 Girls	Under /Over Relay	F14	U11 Boys	Target Throw	Retford
T15	U11 Boys	Under /Over Relay	F15	U15 Boys	Vertical High Jump	Sutton
T16	U13 Girls	Obstacle Relay	F16	U15 Girls	Standing Long Jump	Rushcliffe
T17	U13 Boys	Obstacle Relay	F17	U13 Boys	Standing Triple Jump	Mansfield
T18	U15 Girls	4x2 Lap Relay	F18	U11 Boys	Standing Triple Jump	Newark
T19	U15 Boys	4x2 Lap Relay	F19	U15 Boys	Standing Long Jump	Newark
			F20	U11 Girls	Standing Long Jump	Rushcliffe
			F21	U11 Boys	Speed Bounce 20 sec	Retford
			F22	U15 Girls	Standing Triple Jump	Mansfield
			F23	U11 Girls	Standing Triple Jump	Mansfield
			F24	U13 Girls	Standing Long Jump	Rushcliffe
			F25	U15 Girls	Shot (3 kg)	Sutton
			F26	U15 Boys	Shot (4 kg)	Sutton
			F27	U13 Girls	Shot (2.72kg)	Worksop
			F28	U13 Boys	Shot (3kg)	Worksop

Ball Push (inside) may replace shot (outside) if the weather is not suitable to do Shot Outside

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

Each U15 Athlete can do 5 events including the relay. (the AOM & Multi event award will be calculated on the best 3 events)

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

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.