

## Kirkby in Ashfield Leisure Centre

Sunday 26 Nov 23

Starts:-10.30



First Race 11.00

**Track**    **EVENT**

Awards from last match

T1	U11 Girls	1 lap Hurdles
T2	U11 Boys	1 lap Hurdles
T3	U13 Girls	2 Lap
T4	U13 Boys	2 Lap
T5	U15 Girls	2 Lap
T6	U15 Boys	2 Lap
T7	U11 Girls	2 Lap
T8	U11 Boys	2 Lap
T9	U13 Girls	6 Lap
T10	U13 Boys	6 Lap
T11	U15 Girls	4 Lap
T12	U15 Boys	4 Lap
T13	U9 mixed	1 Lap (non scoring)



## Raffle

T14	U11 Girls	Obstacle Relay
T15	U11 Boys	Obstacle Relay
T16	U13 Girls	Obstacle Relay
T17	U13 Boys	Obstacle Relay
T18	U15 Girls	4x2 Lap Relay
T19	U15 Boys	4x2 Lap Relay
T20	Adult mixed	4x1 Lap Relay



Timetable Finish time Approx .2.30 pm

First Field Event 10.40

**Field**    **EVENT**    **Organising Club***Do not forget your Hat*

F1	U11 Girls	Vertical High Jump	Mansfield
F2	U11 Boys	Standing Long Jump	Retford
F3	U13 Girls	Ball Push	Worksop
F4	U13 Boys	Ball Push	Sutton
F5	U15 Girls	Standing Triple Jump	Newark
F6	U15 Boys	Speed Bounce 30 sec	Rushcliffe
F7	U13 Boys	Speed Bounce 30 sec	Rushcliffe
F8	U15 Girls	Vertical High Jump	Mansfield
F9	U15 Boys	Standing Long Jump	Sutton
F10	U11 Girls	Chest Push	Retford
F11	U13 Girls	Vertical High Jump	Mansfield
F12	U11 Boys	Chest Push	Retford
F13	U13 Boys	Vertical High Jump	Mansfield
F14	U15 Girls	Speed Bounce 30 sec	Rushcliffe
F15	U15 Boys	Standing Triple Jump	Newark
F16	U13 Girls	Speed Bounce 30 sec	Rushcliffe
F17	U11 Girls	Standing Long Jump	Sutton
F18	U11 Boys	Vertical High Jump	Retford
F19	U13 Boys	Standing Triple Jump	Newark
F20	U13 Girls	Standing Triple Jump	Newark
F21	U15 Girls	Standing Long Jump	Sutton
F22	U15 Boys	Vertical High Jump	Mansfield
F23	U15 Girls	Shot (3 kg)	Worksop
F24	U15 Boys	Shot (4 kg)	Worksop

Ball Push for the U13's is a trial of a possible indoor event and this time 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 &amp; 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 &amp; Multi event award will be calculated on the bes

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

anyone arriving early 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.

*Do not forget your Hat*