

Notts Sportshall League Match 1 (U11's to U15's)

29 September 2023 updated

Kirkby in Ashfield Leisure Centre

Sunday 01 Oct 23

Starts:-10.30

Timetable

Finish time Approx .2.30 pm

Track		Approx time	EVENT	Field		Approx time	EVENT	Organising Club
T1	U11 Girls	10:50	1 Lap	F1	U13 Girls	10:45	Vertical High Jump	Newark
T2	U11 Boys	11:00	1 Lap	F2	U13 Boys	10:45	Speed Bounce 30 sec	Sutton
T3	U13 Girls	11:10	2 Lap	F3	U15 Girls	10:45	Standing Triple Jump	Rushcliffe
T4	U13 Boys	11:20	2 Lap	F4	U15 Boys	10:45	Standing Long Jump	Mansfield
T5	U15 Girls	11:30	2 Lap	F5	U11 Boys	11:05	Standing Long Jump	Mansfield
T6	U15 Boys	11:40	2 Lap	F6	U11 Boys	11:10	Speed Bounce 20 sec	Retford
T7	U11 Girls	11:40	2 Lap	F20	U15 Boys	11:15	Vertical High Jump	Newark
T8	U11 Boys	11:50	2 Lap	F7	U13 Boys	11:25	Standing Triple Jump	Rushcliffe
T9	U9 mixed	12:00	1 Lap (non scoring)	F8	U11 Girls	11:30	Standing Long Jump	Mansfield
T10	U13 Girls	12:20	4 Lap	F9	U13 Girls	11:30	Speed Bounce 30 sec	Retford
T11	U13 Boys	12:30	4 Lap	F10	U11 Girls	11:50	Speed Bounce 20 sec	Retford
T12	U15 Girls	12:40	4 Lap	F11	U15 Girls	11:55	Standing Long Jump	Mansfield
T13	U15 Boys	12:50	4 Lap	F12	U15 Boys	11:55	Standing Triple Jump	Rushcliffe
T14	U11 Girls	13:00	Obstacle Relay	F13	U13 Boys	12:00	Vertical High Jump	Newark
T15	U11 Boys	13:10	Obstacle Relay	F14	U11 Girls	12:20	Chest Push	Worksop
T16	U13 Girls	13:20	4x2 Lap Relay	F15	U15 Girls	12:20	Speed Bounce 30 sec	Sutton
T17	U13 Boys	13:30	4x2 Lap Relay	F16	U13 Girls	12:25	Standing Triple Jump	Rushcliffe
T18	U15 Girls	13:40	4x2 Lap Relay	F17	U11 Boys	12:40	Chest Push	Worksop
T19	U15 Boys	13:50	4x2 Lap Relay	F19	U15 Girls	12:50	Vertical High Jump	Newark
				F18	U15 Boys	12:55	Speed Bounce 30 sec	Sutton
				F21	U15 Girls	14:00	Shot (3 kg)	Sutton
				F22	U15 Boys	14:00	Shot (4 kg)	Worksop

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 U15 shot has to be done outside 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 3 events)

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 outside

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.