

Notts Sportshall League (1)

Kirkby in Ashfield Leisure Centre

Starts:-10.00

Sunday 04 Oct 26

updated 29/09/2026

Track		Starts:-10.30	Field		Starts:-10.00
			Start	Assemble	
T1	U10 Girls 4x1 Relay		F1	10:05	10:00 U10 Girls Foam Javelin
T2	U10 Boys 4x1 Relay		F2	10:05	10:00 U10 Boys Foam Javelin
T3	U12 Girls 4x2 Relay		F3	10:05	10:00 U12 Girls Long Jump
T4	U12 Boys 4x2 Relay		F4	10:05	10:00 U12 Boys Speed Bounce (20 sec)
T5	U14 Girls 4x2 Relay		F5	10:05	10:00 U14 Girls Vertical Jump
T6	U14 Boys 4x2 Relay		F6	10:05	10:00 U14 Boys Triple Jump
T7	U16 Girls 4x2 Relay		F7	10:05	10:00 U16 Girls Ball Shot (2 kg)
T8	U16 Boys 4x2 Relay		F8	10:05	10:00 U16 Boys Ball Shot (2 kg)
T9	U8 mixed 1 lap		F9	10:35	10:30 U16 Boys Long Jump
Raffle					
T10	U10 Girls 1 lap		F10	10:55	10:50 U10 Boys Vertical Jump
T11	U10 Boys 1 lap		F11	11:00	10:55 U12 Girls Chest push
T12	U12 Girls 2 Lap		F12	11:05	11:00 U12 Boys Long Jump
T13	U12 Boys 2 Lap		F13	11:10	11:05 U14 Girls Triple Jump
T14	U14 Girls 2 Lap		F14	11:20	11:15 U14 Boys Speed Bounce (30 sec)
T15	U14 Boys 2 Lap		F15	11:50	11:45 U16 Girls Triple Jump
T16	U16 Girls 2 Lap		F16	11:50	11:45 U10 Girls Vertical Jump
T17	U16 Boys 2 Lap		F17	12:05	12:00 U10 Boys Chest Push (1 kg)
T18	U14 Girls 4 lap		F18	12:10	12:05 U12 Girls Speed Bounce (20 sec)
T19	U14 Boys 4 lap		F19	12:30	12:25 U12 Boys Chest push (1 kg)
T20	U16 Girls 4 lap		F20	12:35	12:30 U14 Boys Vertical Jump
T21	U16 Boys 4 lap		F21	12:35	12:30 U14 Girls Speed Bounce (30 sec)
			F22	12:30	12:25 U10 Girls Chest Push
			F23	12:45	12:40 U16 Girls Long Jump
			F24	12:55	12:50 U16 Boys Triple Jump

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

The named club provides the helper Minimum age 8 years old on the day

Athletes are allowed 3 event plus a 1 Some events may be combined but will score separately

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

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

No Entrance for parents to the Sports-Hall before 9.30 am unless assisting to set up

RELAYS one scoring team and 1 guest team in each age per Club. Guest team can have mixed athletes same age fro