

Nottinghamshire Sportshall League

Sportshall Octathlon

Sunday 10th Dec 2023

For U11's Only

Venue **Mansfield Rugby Club**

Starts 12.15 pm

Vertical Jump

Shuttle Run

High Stepper

Long Jump

Triple Jump

Target Throw

Balance

Chest Push

Have fun doing all these events

Obstacle relay to finish

Six awards for athletes gaining the most points

These events are NEEDED for Intercounties Selection do not miss out

Please wear your club number and ensure that your name as been sent prior to the event so the field cards can be pre-printed, Please give your name to your team manager or send your name and number to :- notts.minileague@gmail.com NOW !