

H & W Sportshall League (track and field for indoors)

Sunday 20th October, Saturday 23rd November,

Sunday 15th December 2019 & Saturday 18th January 2020 (1.30 for 2pm start).

£10 for all 4 matches – by 20th October please or £3 per match.

St Johns Sports Centre, Malvern Road (B4026), Worcester, WR2 4LE

Please let your team manager know when you can attend.

The Regional Final is on Sunday 1st March 2020, at North Solihull Leisure Centre.

(10.30 – Under 11s & 2.30 – Under 13s & Under 15s)

The H & W team will be selected, from those who take part in the league.

Track	Under 15	Under 13 Girls	Under 13 Boys	Under 11 Girls	Under 11 Boys
Match 1 & 3: U13 & U11 obstacle relays Match 2 & 4: U13 & U11 over/under relays	Shot Putt (girls) St. Long Jump (boys)				
U11 6 lap paarlaufs	Shot Putt (boys)	St. Long Jump	Vertical Jump	20s Speed Bounce	St. Triple Jump
U13 8 lap paarlaufs U15 8 lap paarlaufs	Vertical Jump (girls only)	30s Speed Bounce	St. Triple Jump	Chest Push	St. Long Jump
U11 1 lap races	St. Triple Jump (boys only)	Shot Putt	30s Speed Bounce	St. Long Jump	Vertical Jump
U13 4 lap races U15 4 lap races	St. Long Jump (girls)	Vertical Jump	Shot Putt	St. Triple Jump	20s Speed Bounce
U11 2 lap races	Speed Bounce (boys then girls)	St. Triple Jump	St. Long Jump	Vertical Jump	Chest Push
U13 2 lap races U15 2 lap races				Scoring Match 1 & 3 Javelin Match 2 & 4 Target Throw	Non-Scoring Match 1 & 3 Balance Test Match 2 & 4 High Stepper
U13 6 lap races				Non-Scoring Match 1 & 3 Balance Test Match 2 & 4 High Stepper	Scoring Match 1 & 3 Javelin Match 2 & 4 Target Throw
U15 4 x 2 lap relays U13 4 x 2 lap relays U11 4 x 1 lap relays					

The hall is booked from 1 – 6 pm:

1pm – set up; 1.30pm – athletes arrive and warm up; 2pm – competition; 5.30pm – clear away.

5.30pm on 18th January - league presentations: The league winning teams in the under 11s (school years 5 & 6) & under 13s (school years 7 & 8) will receive the trophy.

Medals will be presented for the season's best under 15 (school years 9 & 10) league performances.

Herefordshire & Worcestershire Sportshall League
St Johns Sports centre, Malvern Road (B4026), Worcester, WR2 4LE

Directions from Hereford

Take the A4103 to Worcester.
Go through Bransford, still A4103 then at major round-a-bout go right (towards M5).
At next round-a-bout go left.
At traffic lights in St Johns go straight on, then immediately right into Sports Centre car park.

Directions from M 5, junction 7

Take the A44 towards Worcester.
At next round-a-bout go left – A4440 towards West Worcester.
At next 2 round-a-bouts go straight on, still A4440 towards West Worcester.
At next round-a-bout go right – A449.
At mini round-a-bout take second exit (B4026 - Malvern Road).
About a mile on you will see the Sports Centre on your right, then turn right at traffic lights & right again into car park.

The H & W County Team will be selected from athletes taking part in the league.
Please provide athlete's contact details, so the team managers can get in touch, if selected.
Both events will be at North Solihull Leisure Centre on 1st March 2020.
Under 11 Fun in Athletics Festival will be at 10.30am followed by Under 13 and Under 15 Regional Final at 2.30pm.

Athlete's name

Club

Age group Male/Female..... Date of Birth

Contact email

Phone