

## H & W Sportshall League

**Sunday 22<sup>nd</sup> October, Saturday 11<sup>th</sup> November & Sunday 17<sup>th</sup> December 2017.**

£2.50 per athlete, per match or £6.50 for all 3 matches – by 22<sup>nd</sup> October.

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

Please let your club's team manager know when you can attend.

**Each club will need to provide at least 2 officials (Droitwich – results please).**

| <b>Track</b>   | <b>Under 15</b>                              | <b>Under 13<br/>Girls</b> | <b>Under 13<br/>Boys</b> | <b>Under 11<br/>Girls</b> | <b>Under 11<br/>Boys</b> |
|--|--|---------------------------|--------------------------|---------------------------|--------------------------|
| U13 obstacle relays<br>U11 obstacle relays                           | Shot Putt (girls)<br>St. Long Jump<br>(boys) |                           |                          |                           |                          |
| U11 6 lap paarlaufs  | Shot Putt (boys)                             | St. Long<br>Jump          | 30s Speed<br>Bounce      | Vertical<br>Jump          | St. Triple<br>Jump       |
| U13 8 lap paarlaufs<br>U15 8 lap paarlaufs                           | 30s Speed Bounce<br>(girls then boys)        | Vertical<br>Jump          | St. Triple<br>Jump       | Chest Push                | St. Long<br>Jump         |
| U11 1 lap races  | St. Triple Jump<br>(boys only)               | Shot Putt                 | Vertical<br>Jump         | St. Long<br>Jump          | 20s Speed<br>Bounce      |
| U13 4 lap races<br>U15 4 lap races                                   | St. Long Jump<br>(girls)                     | 30s Speed<br>Bounce       | Shot Putt                | St. Triple<br>Jump        | Vertical<br>Jump         |
| U11 2 lap races  | Vertical Jump<br>(girls only)                | St. Triple<br>Jump        | St. Long<br>Jump         | 20s Speed<br>Bounce       | Chest Push               |
| U13 2 lap races<br>U15 2 lap races                                   |  |                           |                          | Javelin                   |                          |
| U13 6 lap races  |  |                           |                          |                           | Javelin                  |
| U15 4 x 2 lap relays<br>U13 4 x 2 lap relays<br>U11 4 x 1 lap relays |  |                           |                          |                           |                          |

**The hall is booked from 1 – 6 pm:**

1pm – set up; 1.30pm – athletes arrive; 2pm – competition; 5pm – clear away.

**5pm on 17<sup>th</sup> December - 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.

**County Sportshall Teams**

U11, U13 & U15 county teams will be selected from those taking part in the league.

**Under 11 Fun in Athletics Festival: 28<sup>th</sup> January.**

**Under 13 and under 15 Regional Final: 11<sup>th</sup> March, both at North Solihull Leisure Centre.**