

H & W Sportshall League

Sundays 16th October & 13th November & Saturday 3rd December 2016.

£2.50 per athlete, per match or £6.50 for all 3 matches – by 16th 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).

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

The hall is booked from 1 – 5 pm:

1pm – set up; 1.30pm – athletes arrive; 2pm – competition; 4.30pm – clear away.

5pm on 3rd 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.

We will not include under 11 non-scoring events this year due to time and space restraints with all the extra athletes.

County Sportshall Teams

U11, U13 & U15 county teams will be selected from those taking part in the league. Dates are yet to be confirmed.