

NORFOLK SPORTSHALL ATHLETIC LEAGUE
21st COUNTY ATHLETICS CHAMPIONSHIPS
SATURDAY 14th JANUARY 2012 starting at 1.00pm
at the UEA Sportspark, Norwich

Under 11 Event – School years 4,5 and 6 (under 11 on the 1st September 2011 and at least 8 years of age on the 14th January 2011) for boys and girls. *(If Children aged 11 on 14th January want to be considered for selection to represent Norfolk in the Regionals they must compete in the under 13 competition)*

TRACK

2 Laps
 2 Lap hurdles
 4 Laps

FIELD

Standing Long Jump
 Speed Bounce
 Seated Ball Throw
 Standing Triple Jump
 Vertical Jump
 Turbo Javelin

Competitors limited to FOUR events, maximum of TWO track

Under 13 Event – Years 7 and 8 (under 13 on 1st September 2011) for boys and girls

TRACK

2 Laps
 4 Laps
 6 Laps (time trial)
 2 Lap hurdles

FIELD

Standing Long Jump
 Standing Triple Jump
 Standing Vertical Jump
 Speedbounce
 Shot
 High Jump (10m run up & max 7 jumps)

Competitors limited to FOUR events, maximum of TWO track

Under 15 Event – Years 9 and 10 (under 15 on 1st September 2011) for boys and girls

SECTION A

2 Laps
 4 laps

SECTION B

Speed Bounce
 Shot

SECTION C

Standing Long jump
 Standing Triple jump (boys)
 Standing Vertical jump (girls)

Competitors limited to FOUR EVENTS but must enter at least ONE from each section.

ENTRY FEE £3.00 PER EVENT OR £10 FOR FOUR EVENTS

Entries must be received by the 5th January latest. ***Please enclose a stamped addressed envelope.*** Individuals will have the opportunity to represent Norfolk in the Regional finals. Please note that the Regional Championship is a multi-event competition and therefore the fact that you may win a County title does not guarantee you a championship place.

NO ENTRIES ON THE DAY - CLOSING DATE 5th JANUARY – NO LATE ENTRIES

Cheques should be made payable to: **NORFOLK SPORTSHALL ATHLETICS LEAGUE** AND SENT WITH A CORRECTLY PRICED STAMPED ADDRESS ENVELOPE FOR ACKNOWLEDGEMENT TO:-

Championship Secretary, 6 Burlington Close, Palgrave, Diss, Norfolk, IP22 1AU
 Email: norfolksportshall@gmail.com

Please enter me for the following event(s) in the Norfolk Sportshall Athletic League County Championships on 14th January 2012

Championships Age Groups: (Please tick appropriate box)

| | | | | | |
|------|------|------|-------|-------|-------|
| u15 | u13 | u11 | u15 | u13 | u11 |
| Boys | Boys | Boys | Girls | Girls | Girls |

| | | | | | |
|--|--|--|--|--|--|
| | | | | | |
|--|--|--|--|--|--|

Name _____ Date of Birth _____

Address _____

_____ Post Code: _____

Tel No: _____ Age on 14th January _____

Email: _____

Club (or School) _____

Events:

1.....2.....

3.....4.....

Entry Fee(s) enclosed £ _____

Signed: _____

Date: _____

NORFOLK WEBSITE:-

www.norfolkaaa.co.uk