

## NORFOLK SPORTSHALL ATHLETIC LEAGUE

### 21st COUNTY SPORTSHALL ATHLETICS CHAMPIONSHIPS ( Entry Details )

SATURDAY 14th JANUARY 2012 starting at 1.00pm  
at the UEA Sportspark, Norwich

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**Under 11** Event – School years 4,5 and 6 (under 11 on the 1<sup>st</sup> Sept 2011 and at least 8 years of age on the 14th Jan 2011 for boys and girls. *(If Children aged 11 on 14th January want to be considered for selection to represent Norfolk in the Regional Finals, 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

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**Under 13** Event – Years 7 and 8 (under 13 on 1<sup>st</sup> 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

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**Under 15** Event – Years 9 and 10 (under 15 on 1<sup>st</sup> 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.

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

Entries must be received by the 7<sup>th</sup> 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 7<sup>th</sup> 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: norfolksporthall@gmail.com

# NORFOLK SPORTSHALL ATHLETIC LEAGUE

## 21st COUNTY SPORTSHALL ATHLETICS CHAMPIONSHIPS ( Entry Form )

Please enter me for the following event(s) in the Norfolk Sportshall Athletic County Championships on 14<sup>th</sup> Jan 2012

### Championships Age Groups: (Please tick appropriate box)

u11 Boys   u13 Boys   u15 Boys

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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u11 Girls   u13 Girls   u15 Girls

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Name

Date of Birth

Address

Tel No

Age on 14th January

Email

Club (or School)

Events entered

1

2

3

4

Entry Fees Enclosed £

Signed

Parent / Guardian

Date

