

Norfolk Sportshall Athletics League

Team Declaration Sheet

u 11

Boys*

Girls*

Non Scoring*

*Mark **X** as appropriate

Club / School

Team Letter

Team Manager	Email

2 Lap	4 Lap	2 Lap Hurdles	
			A
			B

Standing Long Jump	Vertical Jump

Speed Bounce	Seated Ball Throw

6 Lap Paarlauf	
a	
b	

Obstacle Relay			
a		c	
b		d	

Entry Rules:

**Each athlete can take part in a maximum of 2 Track, 2 Field and 2 Relay Events
Maximum of 6 competitors in each team**

Fee £3 per athlete - To be handed to the Scorer on the day

Entry to be emailed to the Scorer on the Thurs prior to competition (norfolksportshall@gmail.com)

Changes may be made to the team on the day up to 15mins before the start