# Kent County Athletic Association

# SPORTS HALL ATHLETICS WINTER - 2021/2022

**(held in the spirit of UK Athletics rules)**

## THE TEAMS

Under 11 (School years 5 and 6).

Two boys and two girls suggested but any combination of 4 children accepted.

The number of teams per school or club may be limited if the meeting is oversubscribed.

## THE EVENTS

|  |  |  |
| --- | --- | --- |
| **U11** |  |  |
| **7th November** | **12th December** | **6th February** |
| **Ashford** | **Kent Champs** | **Ashford** |
|   | **Ashford** |   |
| Chest push  | Foam Javelin  | Chest Push  |
| Standing Long Jump  | Standing Long Jump  | Standing Triple Jump  |
| Vertical jump  | Hi-stepper  | Vertical jump  |
| Speed bounce  | Vertical jump  | Balance test  |
| Balance Test  | Speed bounce  | Hi - Stepper  |
|    |  |    |
| U/O relay  | Obstacle relay  | U/O relay  |
| Obstacle relay (only if time permits) | 1 lap flat  | Obstacle relay (only if time permits) |
| 1 lap hurdles  |

All U11 athletes will compete in pairs in all field events and 1 lap races. **The same pairings must be kept together through all the events.**

Team performance – this will be calculated on the aggregate performances of the first performing team pairing in the field events, first performing pairings in the 1 lap races and team relay(s). However, the same pairings must only be the first performing pairing in up to 3 field events and each alternative I lap race.

**Individual entries:** If a team cannot be made up, individual entries may be accepted. Alternatively, individual entries will be encouraged to form teams so that they have the opportunity to take part in the normal track events.

**TIMES:** Teams should arrive in time to collect their numbers from team managers and arrange to do their individual warm-up (not mass) at 12.40pm for a **1.00 start** (10:35am for a 10.45 start at the championships meeting in December). We should be on our way home by 3.00pm (4.00pm Championships). (Any variation in times will be notified on the KCAA Website www.kcaa.org.uk)

**This year we would like all teams to bring at least two parent helpers or officials. To help with the smooth running of the events. As there is no U17 competition this year apart from the county champs perhaps they would like to come and help.**

**DATES & VENUES:**

**Ashford Stour Centre 7th November**

**Kent Championships:** **Ashford Stour Centre 12th December (10:30 am start)**

**Ashford Stour Centre 6th February**

***Note that* entry submissions must be received by the Tuesday *before the Sunday competition.***

**A full declaration of athlete names must be submitted electronically by the Friday before the competition.** **A hard copy must be submitted on the day with any amendments highlighted.**

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## ENTRY FORM FOR UNDER –11 EVENTS

## Entry for Ashford / Ashford / Ashford

## (highlight required venue)

|  |  |
| --- | --- |
| Name of School/Club |   |
| Name of person making team entry |   |
| Address |   |
|   | Telephone (day) |   |
| Telephone (evening) |  | E-mail |  |
| *Emergency telephone (e.g. for last minute change of venue/time)* |
|   |  |
| NUMBER OF TEAMS ENTERED  |   |  |
| NUMBER OF INDIVIDUALS ENTERED |   |  |

**Names of all competitors** will be required to be submitted electronically on the declaration forms to brian@kcaa.org.uk by the Friday before the competition. Confirming copies of the declaration forms must be handed in on the day of competition. Declaration forms are available to download from the KCAA website [www.kcaa.org.uk](http://www.kcaa.org.uk).

Results will be posted on the KCAA website [www.kcaa.org.uk](http://www.kcaa.org.uk) . They can also be emailed to team managers on request.

**ENTRY FEES**: £28 per team. £7.00 for an individual. Payment must be by BACS transfer when the orignal entry submission are made.

Our BACS account details are: Bank: Barclays Plc. Sort Code: 20-06-72 Account No.: 40546445 Account Name: Kent County Athletic Association. Enter reference SH plus your club or own name.

## Receipt and venue location will be issued on request

**Last dates for receiving the entry submission:**

**Ashford 2nd November**

 **Ashford 7th December**

 **Ashford 1st February**

**Remember face masks must be worn, only one parent/adult accompanying per child and no black soled trainers.**