# Kent County Athletic Association

# SPORTS HALL ATHLETICS U11 (Year 5 and 6) DECATHLON and County Trials 2021/2022

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

**DATE: Sunday 16th January 12.00noon-4.00pm Venue: The Stour Centre, Ashford, TN23 1ET**

## Once again the trials will involve a sportshall athletics decathlon competition involving events for the regional fun in athletics event on Saturday 19th February 2022. The top performers from the decathlon competition and the KCAA championships on Sunday 12th December 2021 will be selected and invited to represent Kent at the South East Regional Fun in Athletics event to be held on Saturday 19th February 2022.

## THE EVENTS

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| Standing Long Jump | Standing Triple Jump |
| Balance Test | Hi Stepper |
| Vertical Jump | Speed Bounce |
| Chest Push (1KG ball) | 1 lap race |
| Foam Javelin | 2 lap race |

**TIMES:** Athletes should arrive in time to register at 12.00noon for a **12.30pm start**. We should be on our way home by 4.00pm

Medals awarded to top three Boys and Girls and certificates for all participants. Results will be posted on the KCAA website [www.kcaa.org.uk](http://www.kcaa.org.uk) .

**HOW TO ENTER:**

Please complete the entry form through the link below and send the payment online through BACS.

[**Entry Form Link for Decathlon**](https://forms.office.com/r/wAtkhenEJf) **or** [**https://forms.office.com/r/wAtkhenEJf**](https://forms.office.com/r/wAtkhenEJf)

**ENTRY FEES**: £10 per athlete. Payment must be by BACS transfer.

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

Note to parents - please be aware that this is not a club/team competition so we ask that a parent/responsible adult are present to supervise your child.

**At this time face masks are advisory to be worn, only one parent/adult accompanying per child and no black soled trainers.**

**Any queries please email Chris Hogwood on: chris-tonbridgeac@hotmail.co.uk**

Please note that the final Kent Squad will be selected following review of results from the U11 Sportshall Decathlon and the KCAA County Championships held on Sunday 11th December. The Kent selection panel’s decision is final