

SPORTS HALL ATHLETICS WINTER - 2009/2010

(held in the spirit of UK Athletics rules)

Kent championships at The Angel Centre, Tonbridge 13th December

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

- 1 lap flat race,
- 1 lap hurdles race,
- under/over relay,
- standing long jump
- vertical jump,
- speed bounce,
- seated overhead ball throw

Two children from the team take part in each event except for the under/over relay, where all four run. But also, each child in the team does either flat **or** hurdles race, standing long jump **or** vertical jump, seated ball throw **or** speed bounce, and the under/over relay. That is, each child does a run, a jump, a throw (or speed bounce) and the under/over relay.

In the field events, the performances of the two children from the team will be aggregated to give a team performance. To achieve the same effect in the track events, the 1 lap flat and hurdles races will be run as relays with two runners in each team. So, the entire competition will be team based.

Individual entries: If a team cannot be made up, individual entries may be accepted. Such individuals may do flat and hurdles races, 1 jump and either the throw or speed bounce.

TIMES: Teams should arrive in time to collect their numbers and be ready for the mass warm-up at **11:15am**. We should be on our way home before 4:30pm.

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ENTRY FORM FOR UNDER 11 EVENTS

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Name of School/Club

Name of person making team entry

Address

..... Tel (day)

Tel (evening) E-mail

NUMBER OF TEAMS ENTERED

NUMBER OF INDIVIDUALS ENTERED

NUMBER OF FORM INTAKE IN EACH YEAR

Names of all competitors and their events will be required on declaration forms to be handed in on the day of competition. Declaration forms will be sent with acknowledgement of entries.

Prizes: There will be medals for each of the first three teams and a trophy each for the first large school team, the first small (1 or 2 form entry) school team and the first club team. There will also be medals for the pairs of children with the best aggregate performance in each of the events in the competition.

ENTRY FEES: £12 per team. £3.00 for an individual. Cheque or postal order payable to Kent County Athletic Association.

ENTRIES TO: **Brian Charlton, Jesmond Dene, Seed Road, Newnham, Sittingbourne, Kent ME9 0NA (Tel 01795 890200 evenings only)**

S.A.E. for acknowledgement and map

Closing date for entries: 8th December 2009