

# Kent County Athletic Association

## SPORTS HALL ATHLETICS WINTER - 2009/2010

(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

1st November Folkestone	13th Dec Tonbridge	31th Jan tba	28th Feb tba	14th March tba
O/H ball throw	O/H ball throw	Ball push	Ball push	Foam javelin
Standing Long Jump	Standing Long Jump	Standing Triple Jump	Standing Long Jump	Standing Triple Jump
Vertical jump	Vertical jump	Vertical jump	Vertical jump	Vertical jump
Speed bounce	Speed bounce	Speed bounce	Speed bounce	Speed bounce
U/O relay	U/O relay	Obstacle relay	U/O relay	Obstacle relay
Obstacle relay	1 lap flat	1 lap flat	Obstacle relay	1 lap flat
	1 lap hurdles	1 lap hurdles		1 lap hurdles

Each child does two runs, a jump and a throw or speed bounce. Where there are under/over or obstacle relays, all four children run. In all other events, two children from each team take part. For example, in November, each child does the U/O relay, a flat **or** hurdles race, standing long jump **or** vertical jump and javelin **or** speed bounce.

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. Individuals may do 2 track events (e.g. flat and hurdles), 1 jump and either a throw or speed bounce. 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 and be ready for the mass warm-up at 1:40 (**11:15am** for the championships meeting in December). We should be on our way home by 6.00pm (4.30pm Championships). (Any variation in times will be notified with entry confirmations)

### DATES & VENUES:

Folkestone:	Folkestone Sports Centre	1st November
Kent Championships:	Tonbridge, Angel Leisure Centre	13th December (11:30 start)
tba:		31st January
tba:		28th February
tba:		14th March

**Note that entries must be received by the Tuesday before the Sunday competition**

# SPORTS HALL ATHLETICS WINTER - 2009/2010

## ENTRY FORM FOR UNDER –11 EVENTS

Entry for Folkestone / Tonbridge / tba / tba / tba  
(ring 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 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.

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:** £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 (Telephone: 01795 890200)

**S.A.E. for acknowledgement, declaration form and map**

**Last dates for receiving entries:**

<b>Folkestone</b>	<b>27th October</b>
<b>Tonbridge</b>	<b>8th December</b>
<b>tba</b>	
<b>tba</b>	
<b>tba</b>	

**Photography:** Subject to the particular restrictions of each sports venue, all persons wishing to take photographs must obtain permission at each meeting in accordance with the requirements of UK: Athletics policy.