

Kent Sportshall Athletics 2025/26 Season Information

This document outlines the format for the Kent Sportshall Athletics Winter Season 2025/26.

All events will be held at The Stour Centre, Station Approach, Ashford, Kent, TN23 1ET.

ALL CLUBS MUST PROVIDE HELPERS AND OFFICIALS TO ASSIST AT EACH EVENT

Sportshall Athletics Dates and Entry Links

Entry Fee = £10 per athlete (due to rising venue costs we have had increase our entry fees to £10 per athlete.

League Event Timings

U11 Event Times: 1300 to 1500 – Register from 1215

U13 & U15 Event Times: 1530 to 1730 - Register from 1445

Sunday 5th October

Sunday 9th November

Sunday 7th December

League Match Entry Links

[U11 Entry Form](#)

[U13 Entry Form](#)

[U15 Entry Form](#)

KCAA Sportshall Championships

Sunday 11th January 2026

U11 Decathlon – Event Times 1000 to 1330

U13/U15 Championships – 1430 to 1700

Entry Link

U13/U15 KCAA Sportshall Championships – [Entry Form](#)

Match Results

Results of each Sportshall Athletics match will be sent to clubs during the week after the match.

League Results will be announced at the end of the season.

U11 Format

Team Size: 4 (Made up of 4 boys or 4 girls not mixed).

Separate Boys and Girls Team Competitions.

All team members compete in the following number of events.

2 x Team Relay

1 x Pairs Relay

2 x Field Events

Events

Match 1	Match 2	Match 3
Obstacle Relay	Obstacle Relay	Obstacle Relay
1+1 Lap Relay	1+1 Lap Relay	2+2 Lap Relay
2+2 Lap Relay	6 Lap PaarLauf	6 Lap PaarLauf
4 x 2 Lap Relay	Hurdles Relay	Over/Under Relay
Standing Long Jump	Hi Stepper	Standing Long Jump
Vertical Jump	Standing Triple Jump	Standing Triple Jump
Speed Bounce	Balance Test	Balance Test
Javelin	Chest Push	Javelin

Example

Track

Obstacle Relay – All Team Members Compete

1+1 Lap – 2 team members compete.

2+2 Lap – 2 team members compete.

4 x 1 Lap – All Team Members Compete

Field

All team members compete in 2 events.

Scoring as a team or pair using Sportshall Athletics Programme. Winners for Girls team and Boys Team.

Example Team Sheet

Athlete	Obstacle Relay	1+1 Lap	2+2 Lap	4 x 1Lap	SLJ	VJ	SB	Jav
1	X	X		X	X		X	
2	X	X		X	X		X	
3	X		X	X		X		x

4	X		x	X		X		X
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Match Results

Results of each Sportshall Athletics match will be sent to competing clubs during the week after the match.

Kent Sportshall Athletics Format 2024/25 Season

U13 Format

Team Size: 4 (Made up of 4 boys or 4 girls not mixed).

Or Individual

Separate Boys and Girls Competitions.

All team members compete in the following number of events.

1 x Individual Track (2 Lap or 4 Lap)

1 x Team Relay (4x 2 Lap)

2 x Field Events

Events

Match 1		Match 2		Match 3	
Track	Field	Track	Field	Track	Field
2 Lap	Standing Long Jump	2 Lap	Standing Long Jump	2 Lap	Standing Long Jump
4 Lap	Vertical Jump	4 Lap	Vertical Jump	4 Lap	Vertical Jump
4 x 2 Lap Relay	Speed Bounce	Obstacle Relay	Speed Bounce	4 x 2 Lap Relay	Speed Bounce
	Standing Triple Jump		Shot (Boys) Standing Triple Jump (Girls)		Standing Triple Jump (Boys) Shot (Girls)

Example Team Sheet

Athlete	2Lap	4 Lap	4 x 2 Lap Relay	Vertical Jump	Standing Long Jump	Speed Bounce	Standing Triple Jump
1	X		X	X			X
2	X		X	X		X	
3		X	X		X	X	
4		X	X		X		X

Individual Athletes can compete in 1 individual track and two field events plus join in with a team relay if we have enough individual athletes.

Match Results

Results of each Sportshall Athletics match will be sent to clubs during the week after the match.

U15 Format

Individual Competition and Team Event (3 athletes to score)

Separate Boys and Girls Competitions.

All athletes will compete in all events and an overall score produced.

Events

Match 1		Match 2		Match 3	
Boys	Girls	Boys	Girls	Boys	Girls
2 – Lap	2 – Lap	4 – Lap	4 – Lap	2 – Lap	2 – Lap
Standing Long Jump	Vertical Jump	Standing Long Jump	Vertical Jump	Standing Long Jump	Vertical Jump
Speed Bounce	Speed Bounce	Speed Bounce	Speed Bounce	Speed Bounce	Speed Bounce
Standing Triple Jump	Standing Long Jump	Standing Triple Jump	Shot	Shot	Standing Triple Jump

Match Results

Results of each Sportshall Athletics match will be sent to clubs during the week after the match.

Kent U13/U15 Championships

The fourth event of the season will be the Kent Championships which will be an individual competition and can enter individual events as in previous years.

AGE GROUPS AND COMPETITION OUTLINE

- **Under 13** (School years 7 and 8)
- **Under 15** (School years 9 and 10)
- Competitors may enter up to a maximum of **four** events selected from the list shown below.

The events:

- 2-lap race
- 4-lap race
- 6-lap race
- Shot,
- Standing long
- Standing triple jump
- Vertical jump
- Speed bounce.