

ESSEX ATHLETICS NETWORK SPORTSHALL
Saturday 7th December 2019– 9.30am to 12.30pm
Chelmsford Sport & Athletics Centre,
Salerno Way, Chelmsford, CM1 2EH

9.30 am	Athletes' registration. Please collect your race numbers from the Entry Desk.		
10.00 am	Athletes' briefing – Sportshall		
BOYS - FIELD EVENTS		GIRLS - RUNNING EVENTS	
10.05 am	Shot (U13/U15) Standing Long Jump (U11) Vertical Jump (U11/U13) Speed bounce (U11)	10.05 am	Over under run
10.30 am	Standing Long Jump (U13/U15) Standing Triple Jump (U11/U13/U15) Target Throw (U11) Hi Stepper (U11)	10.15 am	4 lap
10.55 am	Speed bounce (U13/U15) Chest Push (U11) Soft Javelin (U11)	10.25 am	1 lap
		10.40 am	6 lap (U13 only)
		10.45 am	2 lap
		10.55 am	2 lap

BOYS - RUNNING EVENTS		GIRLS - FIELD EVENTS	
	U11s	U13s & U15s	
11.20 am	Over under run		11.20 am
11.35 am		4 lap	Shot (U13/U15) Standing Long Jump (U11) Standing Triple Jump (U11) Vertical Jump (U11) Speed bounce (U11)
11.45 am	1 lap		11.45 pm
12.00 noon		2 lap	Vertical Jump (U13) Standing Long Jump (U13/U15) Standing Triple Jump (U13) Soft Javelin (U11) Hi Stepper (U11)
12.10 pm	2 lap		12.10 pm
			Speed bounce (U13/U15) Vertical Jump (U15) Chest Push (U11) Target Throw (U11)

Boys & Girls' Relays (teams to be arranged on day, if time permits at the end of proceedings)

- All timings are approximate – please listen for announcements.
- **Unless otherwise advised, athletes should only compete in those events they have registered for.** Athletes may also run in the relays at the end of the meeting – please meet in Sportshall after the last boys' 2 lap race.
- Field events: Three trials per athlete. Throws: Shot Putt and Chest Push (U11); Jumps: Standing Long Jump, Standing Triple Jump and Vertical Jump. Target throw: One attempt – three bean bags at each of four targets
- Speed Bounce – One trial per athlete - U11 20 secs, U13 & U15 – 30 secs. Hi Stepper – U11 – One trial only.
- Shot Putt weights: U13G: 2.72kg; U15G: 3.00kg; U13B: 3.25kg; U15B: 4.00kg.
- All athletes must wear trainers (non-marking soles). Bare feet, spikes or unsuitable footwear are not allowed.
- Photographs may be taken by the organisers and later used by them for publicity purposes.

Results will be on www.essexathleticsnetwork.org

Enjoy Yourselves!!



Essex
Athletics Network

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IF YOUR FIELD EVENTS CLASH PLEASE NOTE

UNDER 11s –

IN THE **FIRST FIELD EVENT GROUP** GO TO CHEST PUSH
THEN SPEED BOUNCE OR HI STEPPER (IF ENTERED)

FOR THE **SECOND/THIRD FIELD EVENT GROUP** GO TO
STANDING TRIPLE JUMP BEFORE STANDING LONG JUMP

UNDER 13s & UNDER 15s–

FOR THE **SECOND/THIRD FIELD EVENT GROUP** GO TO
SHOT BEFORE STANDING TRIPLE JUMP, SPEED BOUNCE OR VERTICAL JUMP

RESULTS WILL BE POSTED ON
ESSEX ATHLETICS NETWORK WEBSITE:
WWW.ESSEXATHLETICSNETWORK.ORG
AND OUR FACEBOOK GROUP
WWW.SPORTSHALL.ORG LATER IN THE WEEK