

ESSEX ATHLETICS NETWORK SPORTSHALL

Chelmsford Sport & Athletics Centre,
Salerno Way, Chelmsford, CM1 2EH

12.00 pm	Athletes' registration. Please collect your race numbers from the Entry Desk.			
12.25 pm	Athletes' briefing – Sportshall			
BOYS - FIELD EVENTS		GIRLS - RUNNING EVENTS		
12.30 pm	Chest Push (U11) Speed bounce (U11) Hi Stepper (U11) Standing Long Jump (U13/U15)	12.35 pm	U11s	U13s & U15s
12.50 pm	Standing Long Jump (U11) Target Throw (U11) Shot (U13/U15) Standing Triple Jump (U11/U13/U15)		Over under run	4 lap
1.10 pm	Vertical Jump (U11/U13) Speed bounce (U13/U15)		1 lap	6 lap (U13 only) 2 lap
BOYS - RUNNING EVENTS		GIRLS - FIELD EVENTS		
1.30 pm	U11s	U13s & U15s	1.30 pm	Chest Push (U11) Hi Stepper (U11) Speed bounce (U11) Standing Long Jump (U13/U15)
	Over under run	4 lap	1.50 pm	Target Throw (U11) Standing Triple Jump (U11) Vertical Jump (U13/U15) Shot (U13/U15) Speed bounce (U13/U15)
	1 lap	6 lap (U13 only)	2.20 pm	Vertical Jump (U11) Standing Long Jump (U11) Standing Triple Jump (U13/U15)
	2 lap	2 lap		

Relays will be offered at the end, subject to progress.

NOTES

- 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: 3.00kg; 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

ESSEX ATHLETICS NETWORK

Chelmsford Sport & Athletics Centre,
Salerno Way, Chelmsford, CM1 2EH

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