

# SportsHall

## 2022 UK Championships

East Combined Regional Final

UEA Sportspark, Norwich

5<sup>th</sup> March 2022

	Team Colour	U13G	U13B	U15G	U15B
Cambridgeshire		1-12	61-72	109-115	144-150
Essex	Red	13-24	73-84	116-122	151-157
Hertfordshire	Orange	25-36	85-96	123-129	158-164
Norfolk	Royal Blue	37-48	97-108	130-136	165-171
Suffolk	Maroon	49-60		137-143	172-178

***Eveque***

## *On the track ...*

Obstacle Relay – u 11 girls

Obstacle Relay – u11 boys

Obstacle Relay – u13 boys

Obstacle Relay – u13 girls

2 Lap Race – u13 girls - heats

2 Lap Race – u13 boys – heats

4 Lap Race – u13 girls – heats

4 Lap Race – u13 boys - heats

2 Lap Race – u13 non-scoring

2 Lap Race – u15 girls - time trials

2 Lap Race – u15 boys - time trials

4 Lap Race – u15 girls - time trials

4 Lap Race – u15 boys - time trials

2 Lap Race – u15 non-scoring

1 + 1 Lap Relay - u11 girls

1 + 1 Lap Relay - u11 boys

2 + 2 Lap Relay - u11 girls

2 + 2 Lap Relay - u11 boys

6 Lap Paarlaf – U11 girls

6 Lap Paarlaf – U11 boys

## *... and in the field*

St. Long Jump – u15 girls

Vertical Jump – u15 girls

Shot – u15 boys

Speed Bounce – u15 boys

St Long Jump – u11 girls

St Triple Jump – u11 girls

Vertical Jump – u11 girls

Balance Test – u11 boys

Hi-Stepper – u11 boys

Speed Bounce – u11 boys

St. Long Jump – u13 girls

St. Triple Jump – u13 girls

Vertical Jump – u13 boys

Shot – u13 boys

Speed Bounce – u13 boys

St. Long Jump – u15 boys

St. Triple Jump – u15 boys

Shot – u15 girls

Speed Bounce – u15 girls



## Programme Continued ....

### *On the track ...*

4 x 1 Lap Relay – u13 girls - finals  
4 x 1 Lap Relay – u13 boys - finals  
6 Lap Race – u13 girls - time trials  
6 Lap Race – u13 boys - time trials  
2 Lap Race – u13 girls - finals  
2 Lap Race – u13 boys - finals  
4 Lap Race – u13 girls - finals  
4 Lap Race – u13 boys - finals

Hurdles Relay – u11 girls  
Hurdles Relay – u11 boys  
Over / Under Relay – u11 girls  
Over / Under Relay – u11 boys

8 Lap Paarlaf – u15 girls - time trials  
8 Lap Paarlaf – u15 boys - time trials  
8 Lap Paarlaf – u13 girls - time trials  
8 Lap Paarlaf – u13 boys - time trials

4 x 2 Lap Relay – u13 girls - finals  
4 x 2 Lap Relay – u13 boys - finals  
4 x 2 Lap Relay – u15 girls - finals  
4 x 2 Lap Relay – u15 boys - finals

4 x 1 Lap Relay – u11 girls  
4 x 1 Lap Relay – u11 boys

### *... and in the field*

St Long Jump – u11 boys  
St Triple Jump – u11 boys  
Vertical Jump – u11 boys  
Balance Test – u11 girls  
Hi-Stepper – u11 girls  
Speed Bounce – u11 girls

St. Long Jump – u13 boys  
St. Triple Jump – u13 boys  
Vertical Jump – u13 girls  
Shot – u13 girls  
Speed Bounce – u13 girls

Chest Push – u11 girls  
Javelin – u11 girls

Chest Push – u11 boys  
Javelin – u11 boys



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