

LANCASHIRE SPORTSHALL LEAGUE

2016/17 Season

Meeting 1 - Sunday 27th November 2016.

Meeting 2 - Sunday 8th January 2017.

Meeting 3 - Sunday 26th February 2017.

Blackpool Sports Centre (Stanley Park)

Registration starts at 9.30am (Entries on the day only). First event 11am

Entry Fee £7per Athlete (covers up to 4 individual events & 1 relay)

All ages at 31st August 16

Under 11s Boys/Girls (N.B. Athletes must be at least 8 years old on the day).							
Section A	Tick Up to Two ONLY	Section B	Tick One ONLY	Section C	Tick One ONLY	Section D	Tick One ONLY
1lap		Standing Long Jump		Vertical Jump		*Soft Javelin *	See Team Managers
3lap		Standing Triple Jump		20s Speed Bounce		*Target Throw*	See Team Managers
		Soft Javelin will be limited to 5 Athletes from each club. *Target Throw* will be limited to 2 Athletes from each club.				Chest Push	
Max 4 individual events; choose max. 2 from Section A and one from section B, C or D plus one 4 x 1 Obstacle Relay.							

Under 13s Boys/Girls							
2lap		Standing Long Jump		30s Speed Bounce			
4lap		Standing Triple Jump		Shot Putt			
6 lap		Vertical Jump					
Max 4 individual events, plus one 4 x 2 Relay.							

Under15 Boys					
Section A	Tick	Section B	Tick	Section C	Tick
2lap		Standing Long Jump		Shot	
4lap		Standing Triple Jump		30s Speed Bounce	
Under15 Girls					
Section A	Tick	Section B	Tick	Section C	Tick
2lap		Standing Long Jump		Shot	
4lap		Vertical Jump		30s Speed Bounce	
Max 4 individual events including at least one from each section above, plus one 4 x 2 Relay.					

Name					Home Phone No.				
Club/School					Date of Birth				
Age Group	U11	Girl	Boy	U13	Girl	Boy	U15	Girl	Boy
Email Address									
(If you are selected to represent Lancashire you will be contacted by email)									

Any queries to; Paul Brooke on 07711 204007

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