

SPORTS HALL ATHLETICS

2008 / 2009 Open Meetings

Dear Colleague

Listed below are the coming Winters indoor events for young athletes. Sadly the number of clubs prepared to host a indoor competition gets shorter each year.

Please make your young athletes aware of these events and I very much hope that you encourage them to come along and compete in a warm indoor environment, in what is very much a fun competition.

It also offers exceptional value for money with a entry charge of £3 payable on the day, which permits a youngster to compete in as many events as they wish within their age group.

Indoor Events for 2008 / 2009

Date	Start Time	Venue
Sunday, 23rd November 2008	14.30	Chelmsford Sport & Athletics Centre Salerno Way, Chelmsford.
Sunday, 18th January 2009	13.30	Newham Leisure Centre, corner of Newham Way (A13) & Prince Regent Lane (A112).

EVENTS

AGE GROUPS

2 LAP	U11, U13, U15	BOYS / GIRLS
4 LAP	U11, U13, U15	BOYS / GIRLS
6 LAP	U13	BOYS / GIRLS
4 x 2 LAP RELAY	U11, U13, U15	BOYS / GIRLS
PARLAAF RELAY	U13, U15	BOYS / GIRLS
STANDING LONG JUMP	U11, U13, U15	BOYS / GIRLS
STANDING TRIPLE JUMP	U13 BOYS / GIRLS	U15 BOYS ONLY
VERTICAL JUMP	U11, U13 BOYS / GIRLS	U15 GIRLS ONLY
HIGH JUMP	U13	BOYS / GIRLS
SHOT PUTT	U13, U15	BOYS / GIRLS
SPEED BOUNCE	U11, U.13, U15	BOYS / GIRLS

There is no need for advance entry letters, just turn up on the day with shorts and trainers at least 30 minutes before the stated start time. The host club will have someone giving out numbers and taking entry fees - **£3.00** per athlete for any number of events in their age group. Club/School teams and individuals welcome. Meetings last between 3 and 4 hours. Under 11 year old athletes must be at least 9 years of age on the day of competition.

Peter Sketchley - Honorary Secretary
1st November 2008