



Norwich and District open sportshall championships

Including Broadland open relay competition

And CoNAC's own club sportshall championship

Sat 5TH March 2011 at Taverham High School

Supported by local businesses and organisations, the City of Norwich Athletic Club is pleased to announce its third 'open' Indoor Sportshall athletics competition for boys and girls for three age groups:

Under 11 as of Sept 1st 2010. School yrs 4, 5 & 6

Note: Doors open 11.00, Open champs start at 12.00

Under 13 as of Sept 1st 2010. School yrs 7 & 8

You must register at Taverham no later than 11.30

Under 15 as of Sept 1st 2010. School yrs 9 & 10

Final places decided using combined scores from results of one run, one throw and one jump from the choice below. Medals awarded for top three combined event scores in each age group.

Entries to be received no later than **Friday 18th February 2011**. Sorry **no late entries accepted and no entries on the day except relay teams**. Individuals are most welcome to form teams on the day.

Numbers will be given out on the day. **Send all entry slips and Cheques made payable to 'CONAC' to: Open Championships c/o 196 Norwich Rd, Wroxham, Norwich NR12 8SA**

All Athletes' must be accompanied by a responsible adult for the duration of the event and wear appropriate shoes and clothing. **Check www.conac.org.uk for updated timetable closer to the event.**

Detach reply slip here

Individual Sportshall open championship entry

Entry fee £4.00 per athlete -- Please make cheque payable to City of Norwich A.C and return with this slip. Entries in individual championship receive a free commemorative championship T- shirt.

Tick Size req'd Child age 7/8 € Child age 9/11 € Child age 12/13 € Adult small €

Participants' name Male € Female €

Age group Age (as of Sept 1st 2010) Date of Birth:

Address Postcode:

Contact and Medical Information

Please ensure that you have any medication your child may require with you at the event

Name of Parent/ Guardian/ Carer

Daytime Tel/Email address: Signature.....

Medical conditions the organisers should be aware of:

Tick the three events you wish to compete in. One run, one jump and one throw only:

2 lap run	€	Standing vertical jump	€	Medicine ball throw (U15's only)	€
or		or		or	
4 lap run	€	Standing long jump	€	Shot Putt (U13's & U15's only)	€
		or		or	
		Speed bounce (jump)	€	Seated ball throw (U11's & U13's only)	€
				or	
				Foam Javelin (U11's only)	€

Broadland open relay championships

Relay championships open to teams of four runners. Event consists of 4x2 lap time trial relay. Responsible adult required to accompany each team. Medals awarded for first three teams in each age group, separate awards for Winning Athletic club entries. No mixed age group or mixed boys/girls teams allowed.

Entry fee £4 per relay team – Cheques made payable to CoNAC

Team Name: If Athletic club team state club.....

Accompanying adult name: Signature..... Contact number.....

Address Tick age group U11 Boys € U11 Girls €

Note: Relays start at approx 15.30 U13 Boys € U13 Girls €

You must register all team members no later than U15 Girls € U15 Boys €

14.00 at Taverham on the day

General conditions for all entries: By signing and returning either entry, the named participants/team, if not already a junior CoNAC Club member, will automatically receive limited CoNAC membership in its Sportshall division, with regards to its obligations to UKA affiliation. This does not imply in any way that CoNAC has any claim on that person as far as competition is concerned. Limited membership means 'limited to the duration of the event on 5th Mar 2011. **In the event that you need to contact the organisers – CoNAC's SPORTSHALL CO-ORDINATORS** are Helen Stubbs, Mary Jubb or Julie Brand on 01603 781944 or e-mail sportshall@conac.org.uk