



## Norwich and District open sportshall championships Including Broadland open relay competition

**Sat 5<sup>TH</sup> March 2011 at Taverham High School**

**In conjunction with West Norwich & Dereham Schools sports partnership**, the City of Norwich Athletic Club is pleased to announce its third 'open' Indoor Sportshall athletics competition for boys and girls from three age groups, under 11, under 13 and under 15's.

The event will again be held at the Taverham High School on Saturday 5<sup>th</sup> of March 2011, the overall competition results will be determined by combining the results of one throw, one jump and one running event for each competitor.

This combined events approach gives every individual, regardless of whatever sport they are currently involved in, the chance to use some of their skills and compete on a 'level playing field' with others of a similar age. Disciplines such as ball throw and vertical jump have been incorporated, both common skills found in many ball games. The City of Norwich Athletic Club is working in close co-operation with many Norfolk Schools, who are themselves running Year 7 sportshall training and competitions in school time, prior to this championship.

You don't need to be a member of a team to take part either, the event is meant for individuals who want to have some fun and have a chance to win one of the medals that will be awarded to the top three combined event scorers in each age group. Just for competing in the open championship, each young 'combined eventer' will receive a free commemorative T-shirt on the day.

If this isn't enough, there is also the 'Broadland open sportshall relay championship' where teams of four runners will compete in a 4 x 2 lap sprint relay race. This event is split into two categories, the first specifically catering for athletic club teams, the second for groups of four youngsters from either sports or school teams or just a bunch of friends of the same age that want to have a go! Each 'team' must have an adult team manager accompany them on the day. Relay races are always the most exciting and popular event at any sportsday or athletics event, and this will be no exception.

Entry forms can be found on the City of Norwich Athletics Club website [www.conac.org.uk](http://www.conac.org.uk). The combined event open championship entry fee is £4 and relay championship is £4 per team. Closing date for receipt of entry is Friday 18<sup>th</sup> February 2011.