

SUFFOLK ESSEX
ATHLETICS NETWORK
SPORTSHALL ATHLETICS
CHAMPIONSHIPS



Suffolk Essex
Athletics Network

**MEDALS AWARDED
TO THE TOP THREE IN
EACH EVENT!**

SATURDAY 27TH NOVEMBER 2010 (1pm-4.30pm)
Highwoods Sports Centre, The Gilbert School,
Brinkley Lane, Colchester, CO4 9PU

ENTRY DETAILS

Name Date of Birth / /

Tel No. E-mail

Club

ENTRY FEES: £3.00 (INCLUDES PARTICIPATION IN ALL THREE EVENTS ON THE DAY)

UNDER 11'S:

U/11 Girls (School Yr 5 & 6) U/11 Boys (School Yr 5 & 6)

Under 11's events: (Please tick one RUN, one JUMP AND one THROW/AGILITY)

RUN - 1 Lap Race 2 Lap race

JUMP - Standing Long jump Standing Triple Jump

THROW/AGILITY - Chest Push OR Speed Bounce

UNDER 13'S & UNDER 15'S:

U/15 Boys (School Yr 9 & 10) U/13 Boys (School Yr 7 & 8)

U/15 Girls (School Yr 9 & 10) U/13 Girls (School Yr 7 & 8)

Under 13's and Under 15's events: (Please tick one RUN, one JUMP AND one THROW/AGILITY)

RUN - 2 Lap Race 4 Lap race

JUMP - Standing Long jump High jump Standing Triple Jump

THROW / AGILITY - Shot putt OR Speed Bounce

Volunteers

We require as much help as possible to help make the event run smoothly - Whether it be officiating, or general assistance during the day – any help would be much appreciated (you do not need to have experience of Sportshall athletics / an officiating qualification!). If you are willing to help on the day, please e-mail tania.spurlingsuffolkcoastal.gov.uk

ENTRY FORMS: This form, together with correct entry fee (cheques to be made payable to Suffolk Coastal District Council) should be returned by 20th November 2010 to Tania Spurling, Suffolk Sport, C/o Suffolk Coastal District Council, Melton Hill, Woodbridge, IP12 1AU or e-mailed (with payment to be made at registration on the day) to: tania.spurling@suffolkcoastal.gov.uk