



## COMPETITIONS FOR THE WINTER SEASON 2023/24

### SUFFOLK COMPETITIONS:

#### *IPSWICH SPORTSHALL COMPETITION*

Date: Sunday 3rd December 2023      Time: 12.30 to 17.00  
Venue: Gainsborough Sports Centre  
Address: 5 Brazier's Wood Road, IPSWICH, IP3 0SP

#### *2023 SUFFOLK CHAMPIONSHIPS IN LOWESTOFT*

Date: Saturday 27th January 2024      Time: 12.30 to 17.00  
Venue: East Point Academy  
Address: Kirkley Run, Lowestoft, NR33 0UQ

### EAST REGION SPORTSHALL FINALS:

Date: Saturday 17th February 2024      Time: TBA  
Venue: University of East Anglia, Norwich

Based on results from the Suffolk competitions, athletes will be invited to represent Suffolk at the East Region Finals

## AGE GROUPS AND EVENTS

Girls and Boys ages are as at 31st August/1st September 2023.

U11 (school years 4/5/6) category, events in the Suffolk competitions are:  
*2 Lap Run, Standing Long Jump, Chest Push, Javelin, Speed Bounce, plus Relays*

U13 (school years 7/8) and U15 (school years 9/10) categories, events in the Suffolk competitions are:  
*2 Lap Run, Standing Long Jump, Standing Triple Jump, Shot, Speed Bounce, plus Relays*

## FOR ENTRY FORMS AND MORE INFORMATION

Visit website: <https://suffolkathletics.org.uk/sportshall/>

For general queries contact Terry McEntee (Suffolk Sportshall Secretary) - email:  
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