

LINCOLNSHIRE ATHLETIC ASSOCIATION
SPORTSHALL ATHLETICS

ENTRIES ARE INVITED FOR THE LINCS.
UNDER 13 AND UNDER 15 BOYS AND GIRLS
SPORTSHALL ATHLETICS TRIALS

AT GRANTHAM

ON SATURDAY DECEMBER 12TH 2009

11-00 A.M. START

FINISH APPROX. 4-00P.M.

ENTRY FEE : £1-50 PER ATHLETE

UNDER 13 MULTI EVENT CHALLENGE

FOR BOYS AND GIRLS AGED 11 AND UNDER 13 AT MIDNIGHT

AUGUST 31ST / SEPTEMBER 1ST 2009

2 LAPS, 4 LAPS AND 6 LAP RACES; STANDING LONG AND TRIPLE JUMPS
HIGH JUMP AND VERTICAL JUMP; SHOT PUTT AND SPEED BOUNCE.

PLUS RELAY EVENTS (TEAMS ORGANISED ON THE DAY)

UNDER 15 ALL ROUNDER MULTI EVENT
CHALLENGE

FOR GIRLS AND BOYS AGED 13 AND UNDER 15 AT MIDNIGHT

AUGUST 31ST./ SEPTEMBER 1ST.2009

2 LAP AND 4 LAP RACES ; STANDING LONG JUMP ; SPEED BOUNCE;
SHOT PUTT ; STANDING TRIPLE JUMP (BOYS); VERTICAL JUMP (GIRLS);
PLUS RELAYS (TEAMS MADE UP ON THE DAY).

ENTRIES ON THE ENTRY FORM TOGETHER
WITH ENTRY FEES SHOULD BE SENT TO
MRS. B. CLAY, 7 FENLAND WALK, HOLBEACH,
SPALDING, LINCS. PE12 7NS TO ARRIVE
ON OR BEFORE FRIDAY DECEMBER 4TH 2009.

***** LATE ENTRIES NOT ACCEPTED *****