

**SUFFOLK ESSEX**  
**ATHLETICS NETWORK**  
**SPORTSHALL ATHLETICS**  
**CHAMPIONSHIPS**



**Suffolk Essex**  
Athletics Network

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

**SATURDAY 27<sup>TH</sup> 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](mailto: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 20<sup>th</sup> 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](mailto:tania.spurling@suffolkcoastal.gov.uk)