

H & W Sportshall League 2025/6 (track and field for indoors)

St Johns Sports Centre, Malvern Road (B4026), Worcester, WR2 4LE

League dates: Sunday 16th November, Sunday 14th December, Saturday 17th January

Arrive from 12.30pm (strictly no sooner) for a 1pm start.

County Championships: Sunday 8th March. Arrive from 12.15 for 12.45pm start.

Please let your club's team manager know when you can attend.

The Regional Final is on Sunday 22nd February 2026, at North Solihull Leisure Centre.

The H & W team will be selected from those who take part in the league.

Track	Under 15	Under 13 Girls	Under 13 Boys	Under 11 Girls	Under 11 Boys
U13 & U11 obstacle relays	Shot Putt (girls) St. Long Jump (boys)				
U11 6 lap paarlaufs	Shot Putt (boys)	St. Long Jump	Vertical Jump	20s Speed Bounce	St. Triple Jump St. Long Jump
U13 8 lap paarlaufs U15 8 lap paarlaufs	Vertical Jump (girls only)	30s Speed Bounce	St. Triple Jump	Chest Push	
U11 1 lap races	St. Triple Jump (boys only)	Shot Putt	30s Speed Bounce	St. Long Jump	Vertical Jump
U13 4 lap races U15 4 lap races	St. Long Jump (girls)	Vertical Jump	Shot Putt	St. Triple Jump	20s Speed Bounce
U11 2 lap races	Speed Bounce (boys then girls)	St. Triple Jump	St. Long Jump	Vertical Jump	Chest Push
U13 2 lap races U15 2 lap races				Javelin 1 & 3/ Target thr. 2	Non-Scoring Event
U13 6 lap races				Non-Scoring Event	Javelin 1 & 3/ Target thr. 2
U15 4 x 2 lap relays U13 4 x 2 lap relays U11 4 x 1 lap relays					

Extra Under 11 Non-Scoring events

Match 1, Sunday 16th November: Balance test

Match 2, Sunday 14th December: High stepper

Match 3, Saturday 17th January: Over/Under

Please do not enter the hall before 12.30pm, for the league, our booking is until 5pm.

The league winning teams in the under 11s (school years 6 and below) & under 13s (school years 7 & 8) will receive the trophy.

Also, a trophy for the best supporting club in the under 15s (school years 9 & 10), who compete as individuals.