

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

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

League dates:

Saturday 7th November, Saturday 19th December & Sunday 24th January.

Please do not enter the hall until 12.30pm, for a 1pm start, our booking is from 12.30 - 5pm.

County Championships (Also St Johns): Afternoon of Sunday 14th February - details to follow.

Regionals at North Solihull (selected athletes from above competitions) Sunday 7th March.

Track	Under 16	Under 14 Girls	Under 14 Boys	Under 12 Girls	Under 12 Boys
U14 & U12 obstacle relays	Shot Putt (girls) St. Long Jump (boys)				
U12 6 lap paarlaufs	Shot Putt (boys)	St. Long Jump	Vertical Jump	20s Speed Bounce	St. Triple Jump St. Long Jump
U14 8 lap paarlaufs U16 8 lap paarlaufs	Vertical Jump (girls only)	30s Speed Bounce	St. Triple Jump	Chest Push	
U12 1 lap races	St. Triple Jump (boys only)	Shot Putt	30s Speed Bounce	St. Long Jump	Vertical Jump
U14 4 lap races U16 4 lap races	St. Long Jump (girls)	Vertical Jump	Shot Putt	St. Triple Jump	20s Speed Bounce
U12 2 lap races	Speed Bounce (boys then girls)	St. Triple Jump	St. Long Jump	Vertical Jump	Chest Push
U14 2 lap races U16 2 lap races				Javelin 1 & 3/ Target thr. 2	Non-Scoring Event
U14 6 lap races				Non-Scoring Event	Javelin 1 & 3/ Target thr. 2
U16 4 x 2 lap relays U14 4 x 2 lap relays U12 4 x 1 lap relays					

Extra Under 11 Non-Scoring events

Match 1, Saturday 7th November: Balance test

Match 2, Saturday 19th December: Over/Under

Match 3, Sunday 24th January: High stepper

The league winning teams in the under 12s (school years 6 and below) & under 14s (school years 7 & 8) will receive the trophy.

Also, a trophy for the best supporting club in the under 16s (school years 9 & 10), who compete as individuals.