

## **Kent Sportshall Athletics 2024/25 Season Information**

This document outlines the format for the Kent Sportshall Athletics Winter Season 2023/24.

**All events will be held at The Stour Centre, Station Approach, Ashford, Kent, TN23 1ET.**

**ALL CLUBS MUST PROVIDE HELPERS AND OFFICIALS TO ASSIST AT EACH EVENT**

### **Sportshall Athletics Dates and Entry Links**

#### **League Event Timings**

U11 Event Times: 1300 to 1500 – Register from 1215

U13 & U15 Event Times: 1530 to 1730 - Register from 1445

**Sunday 6<sup>th</sup> October 2024**

**Sunday 10<sup>th</sup> November 2024**

**Sunday 1<sup>st</sup> December 2024**

**League Match Entry Links**

**[U11 Entry Form](#)**

**[U13 Entry Form](#)**

**[U15 Entry Form](#)**

#### **KCAA Sportshall Championships**

**Sunday 19 January 2025**

U11 Decathlon – Event Times TBC

U13/U15 Championships – Event Times TBC

#### **Entry Links**

U13/U15 KCAA Sportshall Championships – **[Entry Form](#)**

#### **Match Results**

Results of each Sportshall Athletics match will be sent to clubs during the week after the match.

**League Results will be announced at the end of the season.**

## **U11 Format**

Team Size: 4 (Made up of 4 boys or 4 girls not mixed).

Separate Boys and Girls Team Competitions.

All team members compete in the following number of events.

2 x Team Relay

1 x Pairs Relay

2 x Field Events

### **Events**

<b>Match 1</b>	<b>Match 2</b>	<b>Match 3</b>
Obstacle Relay	Obstacle Relay	Obstacle Relay
1+1 Lap Relay	1+1 Lap Relay	2+2 Lap Relay
2+2 Lap Relay	6 Lap PaarLauf	6 Lap PaarLauf
4 x 2 Lap Relay	Hurdles Relay	Over/Under Relay
Standing Long Jump	Hi Stepper	Standing Long Jump
Vertical Jump	Standing Triple Jump	Standing Triple Jump
Speed Bounce	Balance Test	Balance Test
Javelin	Chest Push	Javelin

### **Example**

#### **Track**

Obstacle Relay – All Team Members Compete

1+1 Lap – 2 team members compete.

2+2 Lap – 2 team members compete.

4 x 1 Lap – All Team Members Compete

#### **Field**

All team members compete in 2 events.

Scoring as a team or pair using Sportshall Athletics Programme. Winners for Girls team and Boys Team.

#### **Example Team Sheet**

<b>Athlete</b>	<b>Obstacle Relay</b>	<b>1+1 Lap</b>	<b>2+2 Lap</b>	<b>4 x 1Lap</b>	<b>SLJ</b>	<b>VJ</b>	<b>SB</b>	<b>Jav</b>
<b>1</b>	X	X		X	X		X	
<b>2</b>	X	X		X	X		X	
<b>3</b>	X		X	X		X		x
<b>4</b>	X		x	X		X		X

#### **Match Results**

Results of each Sportshall Athletics match will be sent to competing clubs during the week after the match.

## Kent Sportshall Athletics Format 2024/25 Season

### U13 Format

Team Size: 4 (Made up of 4 boys or 4 girls not mixed).

Or Individual

Separate Boys and Girls Competitions.

All team members compete in the following number of events.

1 x Individual Track (2 Lap or 4 Lap)

1 x Team Relay (4x 2 Lap)

2 x Field Events

### **Events**

Match 1		Match 2		Match 3	
Track	Field	Track	Field	Track	Field
2 Lap	Standing Long Jump	2 Lap	Standing Long Jump	2 Lap	Standing Long Jump
4 Lap	Vertical Jump	4 Lap	Vertical Jump	4 Lap	Shot
4 x 2 Lap Relay	Speed Bounce	Obstacle Relay	Speed Bounce	4 x 2 Lap Relay	Speed Bounce
	Standing Triple Jump		Shot		Standing Triple Jump

### **Example Team Sheet**

Athlete	2Lap	4 Lap	4 x 2 Lap Relay	Vertical Jump	Standing Long Jump	Speed Bounce	Standing Triple Jump
1	X		X	X			X
2	X		X	X		X	
3		X	X		X	X	
4		X	X		X		X

Individual Athletes can compete in 1 individual track and two field events plus join in with a team relay if we have enough individual athletes.

### **Match Results**

Results of each Sportshall Athletics match will be sent to clubs during the week after the match.

### **U15 Format**

Individual Competition and Team Event (3 athletes to score)

Separate Boys and Girls Competitions.

All athletes will compete in all events and an overall score produced.

### **Events**

Match 1		Match 2		Match 3	
Boys	Girls	Boys	Girls	Boys	Girls
2 – Lap	2 – Lap	4 – Lap	4 – Lap	2 – Lap	2 – Lap
Standing Long Jump	Vertical Jump	Standing Long Jump	Vertical Jump	Standing Long Jump	Vertical Jump
Speed Bounce	Speed Bounce	Speed Bounce	Speed Bounce	Speed Bounce	Speed Bounce
Standing Triple Jump	Standing Long Jump	Standing Triple Jump	Shot	Shot	Standing Triple Jump

### **Match Results**

Results of each Sportshall Athletics match will be sent to clubs during the week after the match.

### **Kent U13/U15 Championships**

The fourth event of the season will be the Kent Championships which will be an individual competition and can enter individual events as in previous years.

### **AGE GROUPS AND COMPETITION OUTLINE**

- **Under 13** (School years 7 and 8)
- **Under 15** (School years 9 and 10)
- Competitors may enter up to a maximum of **four** events selected from the list shown below.

### **The events:**

- 2-lap race
- 4-lap race
- 6-lap race
- Shot,
- Standing long
- Standing triple jump
- Vertical jump
- Speed bounce.