

North Yorkshire Sportshall Athletics Event / Trials
Supported by North Yorkshire Athletics Network

For Under 11's (School Year 5 and 6), Under 13's (Years 7 & 8) and Under 15's (Years 9 & 10)
Ages are on 31 August 2017

North Yorkshire events will take place

Sunday 22 October, Ashville College, Yew Tree Ln, Harrogate HG2 9LA. This will fill quickly
10.15 to 1pm for Year 6 only (Year 5 can ask to go on reserve list), 1.30 to 3.50 for U13 and U15

Sunday 29 October, Scarborough Rugby Club Under 11 from 10.45 to 1.30, U13 and U15 from 1.45 to 4.15

Sunday 5 November, 10.00 to 1.00 All Age Groups, Richmond School, Darlington Rd, Richmond DL10 7BQ

Sunday 3 December, 10.30 to 1.30 All Age Groups. Upper Wharfedale School, Threshfield, Grassington.

Places will be limited, must book in advance. Cost £6, £10 for 2 from same family, pay at venue.

Final Trial / Team Practice, by invitation after the above events,

Sunday 14 January, Ashville, Harrogate, Under 11 from 1.30 to 4.30.

Sunday 21 January, Ashville, Harrogate, Under 13 and Under 15, 1.30 to 4.30.

We will then select a North Yorkshire Team for the Yorkshire event on 18 February at Halifax

National Final is 14 April for Under 13, and 15 April for Under 15. Halifax is the last event for Under 11s.

To book a place, please email nyorkshiresportshall@hotmail.co.uk from the email address you wish us to use.

Give name, boy / girl if not obvious, date of birth, age group, phone number, school

General enquiries to Dave Paver 01937 581165 Emergency contact (on the day only) 07778 950200

News on available places, bad weather cancellation, on www.davepaver.co.uk Sportshall page

Many may have done Sportshall athletics before – but the event will be suitable for those who have not.

Events will be fully explained.

Events available for Under 13 and Under 15

Track - 2 lap , 4 lap , 6 lap (Under 13 only) - Variety of Relays

(2 lap takes about 25 secs, 4 lap about 55 secs, 6 lap about 85 secs)

Field - Speed Bounce , Standing Long Jump , Standing Triple Jump , Vertical Jump

U13 and U15 Shot will not be available at these trials, but will be needed for Halifax

Events available for Under 11

Various running events, all Sprint based (ie not Endurance) and most use Reversaboards.

If athletes have not used reversaboards before, they will be fine as they will soon get used to them.

Field events – Standing Long, Standing Triple, Vertical Jump, Balance Test, High Stepper, Speed Bounce,

Chest Push, Soft Javelin, Target Throw.

It is expected that most athletes will only attend one venue – but they can attend more if they wish.

Separate event – North Yorkshire Indoor Athletics event, Sheffield Indoor Track, Sunday 17 December.

Year 6 up to Adult. Normal athletics events, track, hurdles, long, triple, high jumps, shot. Excellent facility.

Forms at the Sportshall events, or from nyorkshiresportshall@hotmail.co.uk or www.cityofyorkathleticclub.net