VALENTINES SPORTS:HALL GRAND PRIX – FAREHAM ACADEMY, ST ANNE'S GROVE, FAREHAM. PO14 1JJ
WEDNESDAY 8th FEBRUARY 2017 – 5:45-7:45pm

- Competition for Boys / Girls (4 age groups):- Entry Fee - £3-50 per
- Under 20 athletes; £4-00 for adults.

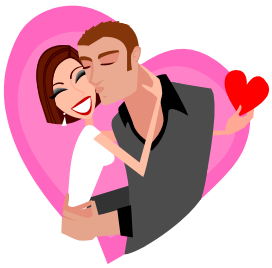
- U11's (Year 5/6) (Minimum Age 8) - U13's (Year 7/8)
- U15's (Year 9/10) - Year 11+ including adults !

- Each competitor participates in 6 events:-

- Sprints x 2 - Standing Long Jump - Speed Bounce

- Bull-Nosed Javelin - Standing Triple Jump

- Prizes for winners in each age group (points awarded for each event)
- Participation prizes for all competitors
- Parents to assist with judging / officiating please!



OUTLINE TIMETABLE

5.45 Arrival / Registration

5.55 Warm-Up / Explanation

6.05 U11 Sprint; U13 Triple Jump; U15 Speed Bounce; Year 11+ Long Jump

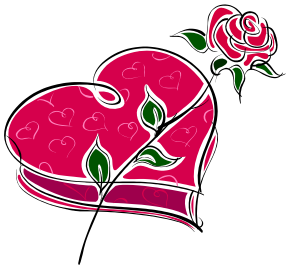
6.20 U11 Javelin; U13 Sprint; U15 Triple Jump; Year 11+ Speed Bounce

6.35 U11 Long Jump; U13 Javelin; U15 Sprint; Year 11+ Triple Jump

6.50 U11 Speed Bounce; U13 Long Jump; U15 Javelin; Year 11+ Sprint

7.05 U11 Triple Jump; U13 Speed Bounce; U15 Long Jump; Year 11+ Javelin

7.30 Results / Presentation / Cool Down

7.45 Depart

Prior entries to Michael Coker by 3rd February 2017
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