

Aviva Sportshall UK Championships

Aviva Sportshall Regional Finals - Under 13 Team Challenge

(held in the spirit of the laws of UK Athletics)

Each County or District is invited to raise a team of 12 girls and 12 boys to take part in the regional final. All athletes must be under 13 years of age as at midnight 31st August / 1st September 2011 and must be at least 11 years of age on the day of competition.

Section A	Number of athletes	
2 Lap Race	2 girls	2 boys
4 Lap Race	2 girls	2 boys
6 Lap Time Trial	2 girls	2 boys
4 x 1 Lap Relay	4 girls	4 boys
 Section B		
Obstacle Relay	4 girls	4 boys
8 Lap Paarlaf	2 girls	2 boys
4 x 2 Lap Relay	4 girls	4 boys
 Section C		
High Jump	2 girls	2 boys
Shot	2 girls	2 boys
Speed Bounce	2 girls	2 boys
Standing Long Jump	2 girls	2 boys
Standing Triple Jump	2 girls	2 boys
Vertical Jump	2 girls	2 boys

Each team member may compete in one event from each section.

A non-scoring 2 Lap Race will be run during the course of each competition.

The girls and boys competitions will be scored independently and the winning teams from both sections will progress to the Aviva Sportshall UK Final.

All athletes must wear trainers. Athletes will not be permitted to compete in bare feet or unsuitable footwear.

Should you have any questions with regards to the specific events or the format of the programme, please contact Sportshall Associates Ltd.

Aviva Sportshall UK Championships

Aviva Sportshall Regional Finals - Under 15 All-Rounder Competition

(held in the spirit of the laws of UK Athletics)

Each County or District is invited to raise a team of 7 girls and 7 boys to take part in the regional final. All athletes must be under 15 years of age as at midnight 31st August / 1st September 2011 and must be at least 13 years of age on the day of competition.

Each County must field 6 competitors to cover the events as listed below. The 7th competitor may be used for the Relay or Paarlauf and may contest one field event as a non-scorer.

The 6 competitors will each compete in three events, these to be chosen from each of the sections detailed below. A maximum of 3 competitors from each team may contest the same event. **Any athlete failing to complete their nominated events will be withdrawn from the entire competition.**

	Girls	Boys
Section A	2 Lap	2 Lap
	or	or
	4 Lap	4 Lap
Section B	St. Long Jump	St. Long Jump
	or	or
	Vertical Jump	St. Triple Jump
Section C	Speed Bounce	Speed Bounce
	or	or
	Shot	Shot

In addition to the individual events detailed above, teams will contest the following relays, with each competitor being restricted to competing in one relay only.

Relays	8 Lap Paarlauf (2 girls)	8 Lap Paarlauf (2 boys)
	4 x 2 Lap Relay	4 x 2 Lap Relay

The girls and boys competitions will be scored independently and the winning teams from both sections will progress to the Aviva Sportshall UK Final.

All athletes must wear trainers. Athletes will not be permitted to compete in bare feet or unsuitable footwear.

Should you have any questions with regards to the specific events or the format of the programme, please contact Sportshall Associates Ltd.

Aviva Sportshall UK Championships

Aviva Sportshall Regional Final - Programme

After a short welcome and the introduction of the teams, the action begins!

The field events should be called in the order shown as each event area becomes clear.

Track	u13's Field	u15's Field
Obstacle Relay – u13 girls Obstacle Relay – u13 boys		
2 Lap Race – u13 girls - heats 2 Lap Race – u13 boys - heats 4 Lap Race – u13 girls - heats 4 Lap Race – u13 boys - heats 2 Lap Race – u13 non-scoring	High Jump – girls	Shot – boys Speed Bounce – boys Vertical Jump – girls St. Long Jump – girls
2 Lap Race – u15 girls - time trials 2 Lap Race – u15 boys - time trials 4 Lap Race – u15 girls - time trials 4 Lap Race – u15 boys - time trials 2 Lap Race – u15 non-scoring	St. Triple Jump – boys St. Long Jump – girls Vertical Jump – boys Shot – boys Speed Bounce – boys High Jump – boys St. Triple Jump – girls	
4 x 1 Lap Relay – u13 girls -time trials 4 x 1 Lap Relay – u13 boys - time trials 6 Lap Race – u13 girls - time trials 6 Lap Race – u13 boys - time trials 2 Lap Race – u13 girls - finals 2 Lap Race – u13 boys - finals 4 Lap Race – u13 girls - finals 4 Lap Race – u13 boys - finals	Vertical Jump – girls Shot – girls St. Long Jump – boys Speed Bounce – girls	Shot – girls Speed Bounce – girls St. Long Jump – boys St. Triple Jump – boys
Interval if required or presentation of medals 4 x 2 Lap Relay heats if required – order as below		
8 Lap Paarlaf – u15 girls - time trials 8 Lap Paarlaf – u15 boys - time trials 8 Lap Paarlaf – u13 girls - time trials 8 Lap Paarlaf – u13 boys - time trials		
4 x 2 Lap Relay – u13 girls - finals 4 x 2 Lap Relay – u13 boys - finals 4 x 2 Lap Relay – u15 girls - finals 4 x 2 Lap Relay – u15 boys - finals		

The day will conclude with medal presentations and the team results.

The winning teams will progress to the Aviva Sportshall UK Final.