

North Yorkshire Sportshall Athletics Event / Trials

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 2023

North Yorkshire events will take place

Sunday 19 November, Richmond School, Richmond DL10 7BQ 10.00am to 1pm, All Ages.

Hosted by Allerton Junior AC

Saturday 9 December, Ashville College, Harrogate Under 11 10am to 12.30pm . Under 13, 15 12.45 to 3pm

Other venues are being added

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

Strong, known Under 13 / 15s do not need to go to first trial, can go to Final Trial. Discuss with organiser

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

Sunday 21 January, Fulford School York (near University). Under 11 at 10.00, Under 13 / 15 12.30 to 3pm

We will then select a North Yorkshire Team for the Regional event, Sun 25 February at Eston

Then if we win that, U13 and U15 have National Final on Sat 6 April.

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

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

All these could fill up.

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

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

Events will be fully explained.

Running events use Reversaboard. If athletes have not used them before, they will be fine as they will soon get used to them.

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, very tough)

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 Regional event

Events available for Under 11

Various running events, all Sprint based (ie not Endurance)

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

Chest Push, Soft Javelin,
